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Lisbon-London high speed rail link by 2013

With news this week that Spain and France have agreed to form a company to build a high-speed rail line linking Madrid and Paris, it has now become a real possibility that commuters could travel between London and Lisbon on a high-speed train by 2013. (See Page 3)

Man kills police officer and wife in front of daughter

A man murdered his wife following years of domestic violence by shooting her while she was inside an ambulance outside the local GNR police station, in Montemor-o-Velho, where she had gone to report her husband for the first time in her 14-year marriage. (See Page 6)

Anglo-Portuguese battle on over defamation claims

A cross-border legal storm continued to brew this week as mainstream media in Britain ran stories under headlines such as "British woman faces jail in Portugal for criticising lawyer" over a case which started out as a minor dispute between two expat neighbours in Praia da Luz. (See Page 10)

Braga regain top spot as Lisbon derby ends in draw

After Saturday's Lisbon derby between Sporting and Benfica ended in a 0-0 draw, Braga were able to regain their lead in the Liga Sagres by beating União de Leiria 2-0. (See Page 56)

Weekend weather

Lisbon: Rain will arrive at the Portuguese capital during the early hours of Sunday morning and will become stronger as the day progresses, winds will hit 25 knots with waves of 5 metres. **Faro:** After a bright start to the weekend, clouds will return on Sunday with scattered showers forecast for Monday. **Oporto:** The north will register heavy rain the whole weekend, before clearing on Monday.

Upcoming holidays in Portugal

Dec 8th. Some shops and offices may be closed.

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Outrage in Portugal as Madrid is accused of 'pumping' sewage into the Tagus River

MADRID SEWAGE CAUSES STINK

Full story, see page 10



It was stormy waters on the Tagus this week as Spanish authorities were accused of closing the tap on Portugal. (Photo: Lusa/Miguel A. Lopes)

THE PORTUGAL
News



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National carrier TAP boasts 'second best year' ever

Despite reducing its number of flights, suffering a series of employees strikes and watching its finances suffer, national airline TAP's top executive has this week said that the company "will survive the crisis" and 2009 was the "second best year" in the airline's history, in terms of passenger figures.



TAP CEO Fernando Pinto during a press conference in April. (Photo: Lusa / Mário Cruz)

Speaking this week in Vilamoura, the Algarve, TAP President Fernando Pinto gave a public assurance that the company would survive the crisis and announced this year was the airline's second most successful year in terms of passenger figures, ever.

"Even though TAP has reduced its offer, it has this year

enjoyed its second best year in the history of the airline, regarding passenger figures, but not profit", Fernando Pinto said.

The comments were made during the Portuguese Travel Agency Association (APAVT)'s 35th National Congress.

He stressed that while the global economic crisis still appears to be ongoing, as is growth within

the low-cost industry, TAP can survive.

"The company has shown that it is possible to survive" he declared. Fernando Pinto reminded those present at the conference of how the world crisis has highlighted the importance of air travel.

Air travel is believed to be responsible for generating eight

percent of the world's Gross Domestic Product.

Refusing to make predictions for the close of this year, which "depends on the month of December", he confirmed more reservations were made in November this year than the same month in 2008.

Meanwhile TAP has managed to reduce its debt to 1.4 million euros.

EU set to extend holiday travel protection

Millions of travellers who book holiday 'packages' with combinations of flights, hotels, car rentals etc, on the internet or in the high-street, look set to receive tougher financial protection if things go wrong, under plans put out for consultation by the European Commission.

The Commission is consulting on extending the basic cover provided by the EU's 1990 Package Travel Directive – on information, liability for sub-standard services and protection for insolvency – to the next generation of 'dynamic packages' where consumers make up their own packages, often online, through one website or different partner websites.

A total of 23 percent of EU consumers, and over 40 percent in countries like Ireland, and Sweden are now booking 'dynamic packages', many of which currently fall outside EU protection rules (67 percent mistakenly think they are protected).

Following the recent spate of airlines going bust, the paper also considers extending basic insolvency protection for consumers beyond package and dynamic packages across the board, including for stand-alone

airline tickets.

EU Consumer Commissioner Meglena Kuneva said: "We need tough protection that gives all consumers booking a package holiday the peace of mind they deserve, and we need a level playing field so businesses compete on equal terms."

She added: "I am particularly concerned about the issue of insolvency. Anyone who saw the TV pictures of thousands of holidaymakers stranded at airports after bankruptcies from Sky Europe to XL, Futura and Zoom, knows that now is the right time to ask tough questions about extending basic insolvency protection to consumers across the board."

The EU Package Travel Directive (PTD) dates back to 1990 when the most common type of holiday was a two week package booked through a travel agent using a brochure. The PTD covers pre-defined pack-

age holidays combining at least two of the following: (1) transport, (2) accommodation (3) other tourists services such as sightseeing tours (sold at an inclusive price).

The Directive provides pro-

tection covering: information in brochures, rights to cancel without penalty, liability for services (eg. sub-standard hotels) and protection in the case of a tour operator or airline going bust.

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Lisbon-London high speed rail link by 2013



With news this week that Spain and France have agreed to form a company to build a high-speed rail line linking Madrid and Paris, it has now become a real possibility that commuters could travel between London and Lisbon on a high-speed train by 2013. A few years later, Faro will follow in being linked with the British capital.

Service on the line between Paris and Madrid is expected to start in 2012 and will cut travelling to Spain by rail to a day trip for Londoners.

The Eurostar from London to Paris can take as little as 2 hours and 15 minutes.

By 2013, as revealed in October by **The Portugal News**, Lisbon and Madrid will be linked by a high-speed train.

A few years later, and coming at a cost of 2.9 billion euros, the Algarve capital will be linked to major high-speed rail networks in Portugal and Spain.

The journey time between Paris and Madrid is expected to be between 5 hours 30 minutes and 6 hours — depending on whether the service stops in Lyon and Barcelona, or proceeds directly from Paris to the Spanish capital.

Prime Minister José Sócrates has admitted that the building of these high-speed rail links are amongst his cabinet's priorities, despite the current global economic crisis.

The Prime Minister has re-

peatedly said that he would not dilute plans to invest in excess of 60 billion euros between now and 2020.

Besides the Lisbon airport, new motorways and hospitals, the Government is looking to spend in excess of ten billion euros on the high-speed rail network in Portugal.

The first line, linking Lisbon with Madrid, is expected to be complete by 2013 and will come at a projected cost of €2.15 billion euros. That same year, the rail line linking Oporto with Vigo in Spain will also be concluded, having cost the Portuguese taxpayer an additional 845 million euros.

Two years later, the Lisbon-Oporto line will be finished and will also be the most important nationally, transporting an expected one million commuters a month and countless tons of merchandise between the nation's two major metropolitan centres.

This particular rail track is expected to require an investment of 4.5 billion euros.

The two new tracks contained

in Government proposals, will see Aveiro in central Portugal connected with Salamanca in northern Spain (costing 2.3 billion euros), while the second will see Faro linked to Lisbon via Évora and the rest of Spain via Huelva.

Estimates are that the train travelling from Faro will take under 30 minutes to reach Huelva and will have a maximum speed of 300 kilometres an hour, though it remains unclear where the train will cross the Guadiana River and what infrastructure will be used

to do so. The 200 kilometre trip to Évora will take slightly longer than would be expected, covering the distance in a 'mediocre' 90 minutes.

The building of these two lines was first discussed at international level back in 2003 during

the annual Iberian Summit, where they were agreed to in principal.

They were later included in a resolution presented by the Council of Ministers in 2004, with current opposition leader Manuela Ferreira Leite, the Finance Minister at the time.



Prime Minister José Sócrates making a speech at the launch of the public bid for the Poceirão-Évora rail link earlier this year. (Photo: Lusa / Nuno Veiga)

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EC welcomes the entry into force of the Treaty of Lisbon



EU Foreign Policy Chief, Spaniard Javier Solana (C), speaks with journalists at the end of his last news conference with Serbian President Boris Tadic (not in the picture) as European High Representative at the EU Council headquarters in Brussels, Belgium 30 November. Solana has been High Representative since 1999 and will give way to Britain's Catherine Ashton, a former trade commissioner, who EU leaders appointed as their new foreign policy supremo under the incoming Lisbon Treaty. (Photo: EPA/Olivier Hoslet)



The Treaty of Lisbon came into force on 1 December and the occasion was marked by a ceremony in the City of Lisbon organised jointly by the Portuguese Government, the Swedish Presidency and the European Commission.

The Commission said in a press statement that it believes the new treaty provides significant new benefits for citizens and will settle the institutional debate for the foreseeable future.

This will allow the European Union to fully concentrate on managing a smooth exit from the economic and financial crisis and pushing ahead with the 2020

strategy for greener growth.

President of the European Commission, José Manuel Barroso said, "The Treaty of Lisbon puts citizens at the centre of the European project. I'm delighted that we now have the right institutions to act and a period of stability, so that we can focus all our energy on delivering what matters to our citizens".

Lisbon Treaty to open 'new era' - Swedish presidency

The Swedish European Union presidency this week described the reform Lisbon Treaty that took effect on Tuesday evening at a ceremony in the Portuguese capital as signalling the start of a "new era" for the bloc.

"A new era opens today for cooperation within the EU", Swedish Prime Minister Fredrick Reinfeldt said in a statement issued in Brussels.

"With the Treaty of Lisbon taking effect, the European Union will be equipped with the means that will allow it to face new challenges".

The reform charter would assure "EU citizens of a union capable of satisfying the aspirations of the 27 member states on transparency, democracy and efficiency", Reinfeldt said.

He said the creation of the new posts of a permanent President of the European Council and of a High Representative for Foreign Affairs would give the EU greater "efficiency and ease" in the global arena.

Former Belgian Prime Minister Herman Van Rompuy and Britain's ex-Brussels Commissioner Catherine Ashton have been chosen for the posts of president and top diplomat, respectively.

Reinfeldt joined other dignitaries in Portugal on Tuesday evening to attend the formal ceremony ushering in the Lisbon Treaty, the streamlining charter that was approved two years ago during the last Portuguese EU presidency.

Prime Minister José Sócrates hosted the event at Belém Tower beside the Tagus River, an historic Lisbon landmark located near Jerónimos Monastery where the treaty was approved by Europe's leaders in 2007. *TPN/Lusa*

Portugal 'accepts' EU appointments

The European Union's choices of Belgian Prime Minister Herman Van Rompuy and British Commissioner Catherine Ashton for the bloc's two top posts were the best alternatives, Portuguese Foreign Minister Luís Amado said last week.

"The construction of Europe is always the construction of what is possible in each circumstance", Minister Amado told reporters after briefing parliament's European Affairs Commission on the selections last week by the European Council.

"Compromise" among the EU's 27 members was "always difficult", leading to lowest common denominator "possible options" which had both "negative but very positive aspects", he said.

Van Rompuy was chosen as

the first permanent President of the European Council and Ashton as the EU's top diplomat under the bloc's reform Lisbon Treaty that took effect on December 1.

In his comments to lawmakers, Luís Amado underlined the speed of the European Council's decision - "one of the fastest ever" - in picking its key officials and the fact Van Rompuy and Ashton had been selected unanimously despite their relatively low-profile CVs. *TPN/Lusa*

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ANGELICAN CHURCH

“Ambitious” Ibero-American summit ends in Lisbon



Ibero-American leaders concluded a three-day summit in Portugal on Tuesday, approving a broad joint strategy to promote technological “innovation and knowledge” as instruments to combat the global economic crisis and boost development.

Leaders from 22 Iberian and Latin American nations approved the creation of a working group to draft “a new and ambitious programme” for joint applied research and technological innovation.

The summit also called for new public and private sector efforts to increase telecommunications infrastructure and widen broadband internet access to all citizens.

The leaders committed themselves to beefing up funds at the Inter-American Development Bank and the World Bank to ensure sufficient resources for development programmes.

Host Prime Minister José Sócrates of Portugal told a closing news conference that the Estoril summit had strengthened the community’s commitment to aiding reforms of international financial institutions, boosting scientific and technological innovation, and working to limit greenhouse gases.

On the upcoming UN climate change summit in Copenhagen, Sócrates said all the Ibero-American nations had shown their “engagement” for a “world accord” that was feasible and binding, while assuring “financial mechanisms” to fund the needed eco-

nomic changes.

In closing the community’s 19th annual apex meeting, Portuguese President Aníbal Cavaco Silva said he viewed the bloc’s future with “renewed confidence” ahead of the next summit in Argentina in 2010.

The wide consensus surrounding the summit’s central theme of “Innovation and Knowledge” was missing, however, in relation to the political crisis in Honduras, a parallel and controversial matter of discussion.

With the Latin American leaders divided over the legitimacy of Honduras’ post-coup presidential election last Sunday, the Portuguese summit presidency issued a statement, condemning the coup that deposed President Manuel Zelaya last June.

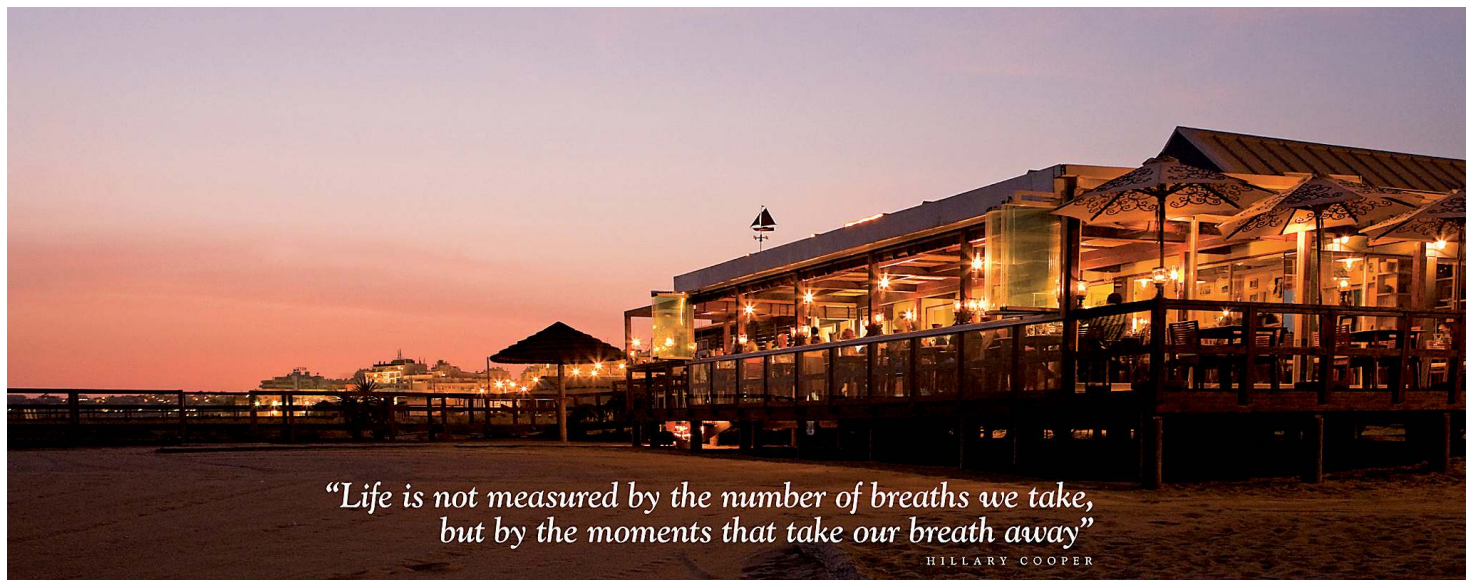
It called for Zelaya’s reinstatement, for “national dialogue” to restore the “democratic regime” and for Honduran security forces to end the encirclement of the Brazilian embassy in Tegucigalpa, where Zelaya has taken refuge.

Another of the summit’s 13 “special communiqués” reiterated the bloc’s longstanding demand for Washington to lift its nearly five-decade-old embargo on Cuba.

TPN/Lusa



(L-R) Prime Minister José Sócrates, the King of Spain Juan Carlos, first lady Maria Cavaco Silva, Queen Sofia of Spain and President Cavaco Silva, pose for a photograph before a dinner hosted by the Portuguese President, Cavaco Silva, for the heads of state present at the XIX Ibero-American Summit being held in Estoril, on 30 November 2009. (Photo: Lusa / Tiago Petinga)



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The location where a 41 year old man shot his wife who was found in an ambulance at the GNR headquarters in Montemor-o-Velho, Coimbra on 29th November. (Photo: Lusa / Paulo Novais)

Man kills police officer and wife in front of daughter

A man murdered his wife following years of domestic violence by shooting her while she was inside an ambulance outside the local GNR police station, in Montemor-o-Velho, where she had gone to report her husband for the first time in her 14 years of marriage.

A GNR officer was also shot dead after being caught up in the incident.

Thirty-five-year-old Maria Manuela Costa had been married to Mário Joaquim for 14 years and had two children by him, a

13-year-old daughter and a six-year-old son.

Because of the allegedly constant and intensifying scenes of domestic violence Maria had, in recent times, moved out of the family home in Carapinheira do

Campo with her two children and was living in her deceased mother's home in Porto Luzio.

According to sources close to the family the physical abuse had been long on-going, though it had never been reported to

police through fear of intimidation.

"She was afraid because he threatened her. She had never reported him to the police because he intimidated her", a relative said.

Last weekend 41-year-old Mário Joaquim went to the house where his wife was staying with their children, reportedly with the intention "of hitting everybody", and carried out another attack. After he left a few hours later Maria Costa decided it was to be the last time and went to the local GNR station with her daughter to report her husband.

While at the station officers saw signs of physical abuse and, following police protocol, called an ambulance for the women to be taken to the Institute for Legal Medicine, in Figueira da Foz, where tests would be carried out to constitute a case.

En-route to Figueira da Foz the ambulance was intercepted by a vehicle with Mário Joaquim behind the wheel. He threatened the drivers with a gun and told them to turn back. The ambulance crew followed his instructions and returned to the GNR police station. Stopping outside the assailant asked to see his wife, and as she emerged from the ambulance with their daughter Mário Joaquim shot her.

He was immediately detained by GNR officers and taken inside the station. As he was being searched by two officers he pulled out a revolver that was hidden on his person and opened fire, hitting two officers.

Despite receiving emergency resuscitation from INEM medics, GNR officer David Dias, 42, did not survive his injuries.

The second injured officer was shot in the hip and is recovering in Hospital dos Covões, Coimbra.

Meanwhile the assailant, owner of various bars around the region and known for being a violent man, has been handed over to PJ police.

NEWS IN BRIEF

British tourist dies after fall in Madeira

A 29-year-old British woman on holiday in Madeira was found dead after falling 80 metres down a ravine from a mountain footpath. Local fire-brigade of the *Bombeiros Voluntários* of Ribeira Brava believe the woman fell after setting off on a trek in Levada Nova, Ponta do Sol, on Sunday but without her parents, with whom she had been holidaying. It was the woman's parents who alerted the fire-brigade who carried out the search late Sunday afternoon. They didn't find the woman's body until the following morning. A source from the fire-brigade rescue team said it is likely the woman decided "to take short cuts and maybe walk places she shouldn't have, through curiosity".

Bissau President visits Portugal

Guinea-Bissau President Malam Bacai Sanha visits Portugal at the weekend for talks with Lisbon's heads of state and government and other senior officials. Bacai Sanha will hold talks with counterpart Anibal Cavaco Silva and Prime Minister José Sócrates in Lisbon. Guinea's leader will also meet parliamentary speaker Jaime Gama and pay a visit to the headquarters of the Community of Portuguese Language Countries. Guinea's leader departs Lisbon to begin an official Brazil visit on December 7.

Visabeira wins €58m contract for Dom. Republic sports complex

Portuguese property group Visabeira has won a €58 million contract to build a sports and leisure complex in the Dominican Republic, company sources said Monday. Visabeira said in a statement, wholly owned subsidiary Edivisa will undertake the project with local firm Rodriguez Sandoval in the city of Santo Domingo to modernize a baseball arena and build a baseball museum, offices, a four-star hotel and a shopping mall. Visabeira also said it plans telecommunications and energy projects in the Dominican Republic in the "medium-term."

People trafficking suspect detained

Police in Portugal arrested a woman on Monday suspected of alleged crimes relating to human trafficking following an extradition request from Germany, officials said. The unidentified female is from an Asian country and was arrested at Lisbon airport after arriving from Guinea-Bissau where she purportedly lives.

Portugal's Martifer assessing Timor's renewable options

Portuguese construction group Martifer is undertaking an evaluation of East Timor's renewable energy potential, a Dili official said. Government spokesperson Agio Pereira said Martifer, which began studying Timor's potential for hydroelectric, wind, biomass, geothermal, solar and bio-fuels in 2008, is expected to deliver its final report in May 2010.

Portugal's Unicer to brew and import Guinness in Angola

Portuguese brewer Unicer will export Guinness to Angola in partnership with Diageo the companies said. Unicer will make the Guinness in Portugal for shipment to Angola, where it is expected 180,000 new customers will develop a taste for the porter. Unicer sells 125 million liters of beer yearly in Angola - where 30% of beers are imported.

Visa-free travel for citizens of ex-Yugoslav Republics

The European Union has decided this week that the citizens of the Former Yugoslav Republic of Macedonia, Montenegro and Serbia will be able to travel without a visa to the Schengen area as of 19 December 2009.

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Portuguese Navy capture more Somali pirates



Portugal's increasingly prominent Álvares Cabral navy frigate has this week captured a pirate group that attacked the Spanish-flagged fishing vessel *Ortube Berria*, a statement sent to **The Portugal News** by NATO has revealed.

According to NATO, this operation was conducted in response to the pirate attack on the Spanish fishing vessel *Ortube Berria* that took place on November 29th 170 nautical miles west of the Seychelles.

The Spanish vessel sent a distress call and managed to escape from the attack by its own means. Involved on the operation, besides the NATO flagship, were the Seychelles Patrol Boat *Andromache* and two Maritime Patrol Aircraft from the EU Task Force also operating in the area on a counter-piracy mission.

The aircraft detected and tracked the pirate attacking group composed of a mother-ship and two smaller attack *skiffs*.

When the Portuguese and the Seychelles surface units approached, the piracy group at-

tempted evasive action splitting in two.

As the Portuguese frigate approached one of the *skiffs* for boarding, weapons and other boarding paraphernalia - including large ladders used for boarding vessels - were thrown overboard by the crew. Meanwhile the patrol boat *Andromache* boarded the mother-ship capturing three suspect pirates.

Later that evening, a team of Portuguese Marines, from the Álvares Cabral stormed one of the *skiffs* detaining the six suspect pirates and capturing valuable operational information.

"This particularly successful operation reflects a clear example of excellent cooperation and coordination between the leading players in the area of operations in this particular case between



Portuguese Navy Marines after storming the second suspect pirates attack-skiff with six suspect pirates on board. (Photo: NATO/Carlos Dias)

NATO, Seychelles Defence Forces and the EUNAVFOR", Rear-Admiral Pereira da Cunha, commander of the NATO Task Force said.

In this operation, coordinated between NATO, Seychelles authorities and EU assets another pirate attacking group was disrupted.

"This joint operation, has shown a willingness for cooperation between the Seychelles Coastguard, NATO and EUNAVFOR air and maritime assets with the very same goal of disrupting piracy, contributing to a safer maritime environment in the Somali Basin" stated the Portuguese frigate Commanding Officer, Captain Nobre de Sousa."

Christmas bonus ATM crash

A rush to withdraw their Christmas bonuses by workers at the weekend resulted in Portugal's automatic teller machine service (Multibanco) reporting serious flaws.

The country's Multibanco network ground to a near halt at the start of last weekend, as tens of thousands of workers

looked to withdraw some of their Christmas bonus cash.

SIBS, which runs the highly-acclaimed Multibanco service in Portugal, indicated it had expected a higher than usual amount of use by people with their cards in stores and ATM's, but were still unable to keep the service 100 percent functional for a number of hours last Friday.

Official - 96,000 get 'Swine Flu' vaccine in campaign's first month

More than 96,000 Portuguese have been vaccinated against the A H1N1 flu virus during the first month of Portugal's nationwide campaign, covering a total of about 67 percent of the initial target population, a senior health official said last Thursday.

However, Francisco George, the director-general for health, said that only 5,000 of an estimated 60,000 pregnant women had participated in the vaccination drive, a disappointing figure he attributed to "alarmist" media reports of unrelated

"foetal deaths".

In contrast, George expressed satisfaction that some 8,000 children aged six months to two years had been vaccinated against Swine Flu in one week alone.

About 17,000 health workers, another top priority group, had

also received the vaccine, he said.

The Government has said it plans to vaccinate some three million people, about 30 percent of the Portugal's population.

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Chevrolet splits from Opel



As of this week car brand Chevrolet have officially split their operations from counterparts Opel, both of which belong to General Motors, in an attempt to better distinguish between the two makes.

In a press release, Chevrolet said "It is a direct consequence of the strategic decision made by General Motors to separate the operational responsibility of

two of the European market's main brands, including Portugal, where they are represented by two of the Group's companies - Chevrolet Portugal, Lda.

(Chevrolet) and General Motors Portugal, Lda. (Opel and Saab)". Chevrolet Portugal's new structure will allow it, according to the company, to "permit a big-

ger focus on its businesses, factors that the brand considers fundamental in achieving ambitious objectives that have been proposed for the coming years".

According to Chevrolet, the separation from Opel will allow it to "offer a more adequate answer for the extension plan for vehicles that are to be released by

2012 and which will ensure the renovation of all models in the range, including global products, making them capable of competing for the top spots within the 130 markets where the brand is presently established".

Following its recently released Cruze, Chevrolet will also launch onto the Portuguese market the Spark, which is part of the 'mini' sector and should be launched in Portugal next February.

Also within the brands expansion plans is the introduction of the revolutionary electric Chevrolet Volt, which runs on new GM Voltec energy and is set to be commercialized in Europe in 2011.

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Longer parental leave and incentives for fathers

Parents will have the right to longer parental leave, under new rules agreed by EU ministers this week.

The revised Directive on Parental Leave will give each working parent the right to at least four months leave after the birth or adoption of a child (up from three months).

At least one of the four months cannot be transferred to the other parent – meaning it will be lost if not taken – offering incentives to fathers to take the leave.

The new Directive also provides for better protection against discrimination and a smoother return to work. It puts into effect an agreement between European employers and

trade union organisations.

"Full equality on the labour market between men and women will only be attained if working fathers take more responsibility in family affairs, such as looking after their children", stated Vladimír Špidla, Commissioner for Employment, Social Affairs and Equal Opportunities.

He added: "The Directive agreed upon today is a decisive contribution to allow working parents to better balance family and work. I believe that this will strengthen women's position in employment".

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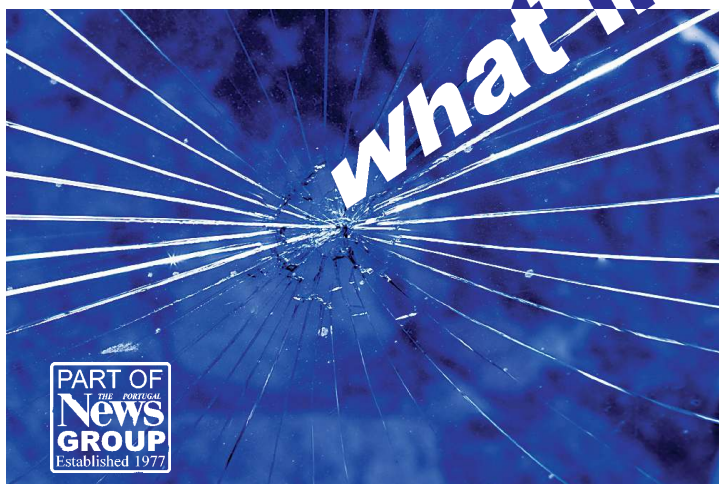
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BUSINESS IN BRIEF

'Iberia is now national market', says Gov't

Portuguese firms should view Iberia as a whole new national marketplace, a Lisbon government official has said. "The Iberian market is today our national market and we must see Spain as the main partner in development," said State Secretary for Trade Fernando Serrasqueiro on a visit to a paper mill last week in central Portugal. AMS-Goma Camps SA began operating in August with a public-private investment of €52 million. The plant makes various types of tissue paper, kitchen and industrial rolls and other paper products. Portugal's AICEP investment and foreign trade promotion agency is co-financing the venture with an undisclosed sum.

2010 increases likely between 1%-1.5%

Pay rises in Portugal next year will likely lie between 1% and 1.5% in line with forecast inflation, although civil servants may get less, Bank of Portugal Governor Vítor Constâncio said. "In general, for the economy and, above all, for the business economy, salary hikes should lie between 1% and 1.5%, corresponding to foreseen inflation", Constâncio said. Government employees could see lower raises in 2010, however, because their 2.9% hikes this year had benefited from unforeseen negative inflation, he added.

Fiber optic links in 731,000 homes

Around 731,000 Portuguese homes have fiber optic connections and a further 1.7 million have EuroDOCSIS high-speed cable links, the ANACOM telecommunications regulator said. Of a dozen companies offering cable internet, television and phone services, Zon Multimedia has the most high-speed clients followed by Sonaecom, which leads Portugal's fiber optic market, said ANACOM.

Renault EV takes to roads for first time

Renault's electric car will be unveiled in Portugal Wednesday and is expected to be in showrooms within 18 months, company sources said. The new Nissan-Renault five-seat vehicle is an electric version of the Kangoo and will be sold for the same price as its diesel version, Renault Portugal communications director Ricardo Oliveira told *Lusa*. But the vehicle's expensive battery will be leased to customers who have the option to recharge it overnight or exchange it at a specially equipped service station. Nissan-Renault and Portugal's government are in partnership to create a national network of charging stations.

Barraqueiro wins Oporto Metro operation, maintenance contract

A consortium led by Portugal's largest transport operator, Barraqueiro, has won a tender to operate and maintain the metro system in Portugal's second city, Oporto, sources close to the process said. Joining Barraqueiro in winning the 'Via Porto' consortium are Keolis, Arriva and constructor Mota-Engil, which will maintain the 58km system with 69 stations.

EU labour markets deeply hit by crisis, but more resilient than expected

The current crisis is taking its toll on EU labour markets, reversing most of the employment growth achieved since 2000, according to the 2009 Employment in Europe Report published last week. Men, young people, the low-skilled and workers on temporary contracts have borne the brunt of the employment contraction. Employment in the EU has shrunk by over 4 million jobs since the start of the crisis, although the effect has been somewhat mitigated thanks to the use of shorter working hours and other schemes. But these short term measures, however important, are not in themselves sufficient to ensure a successful exit from the crisis. Employment policies must focus on preparing for the transition to a low-carbon economy.

Lusophone MBA launched

The first Master of Business Administration course specifically tailored to Portuguese language states was officially launched last Thursday and will be taught in Brazil, Angola and Portugal, officials said. The MBA Atlantico course has been devised by Catholic Universities in Oporto, Luanda and São Paulo and was unveiled in Portugal's second city at a ceremony attended by Luis Amado, Lisbon's top diplomat. Some 30 places are available on the new MBA course with fees of €20,000, including travel and accommodation. Among the course's sponsors are Banco Espírito Santo, Banco de Fomento de Angola, EDP, Deloitte, Galp Energia, Mota-Engil and the Ongoing media group.

EU approves Gatwick Airport takeover

The European Commission has cleared under the EU Merger Regulation the proposed acquisition by Global Infrastructure Partners (GIP) of the US, of Gatwick Airport Limited (GAL) from its current owner, BAA of the UK. Gatwick is the UK's second largest airport. After examining the operation, the Commission concluded that the transaction would not significantly impede effective competition in the European Economic Area (EEA) or any substantial part of it.

Economic Sentiment Indicator continues to rise

In November, the Economic Sentiment Indicator (ESI) rose to 87.9 (+1.9 points) in the EU and to 88.8 (+2.7) in the euro area. The indicator has improved in both areas for eight consecutive months since its trough in March 2009, though it still remains significantly below the long-term average.

TPN/Lusa



Prime Minister José Sócrates talks to the media on November 27 during the launch of the Ribeiradio hydroelectric dam in Oliveira de Frades. (Photo: Lusa / Paulo Novais)

Country catching up with Europe in using hydro potential, says PM

Portugal is rapidly "making up for lost time" in its drive to maximize hydroelectric resources by building new dams and upgrading existing ones in the coming years, Prime Minister José Sócrates said Friday.

At a ceremony to start building the Ribeiradio dam in the north of the country, involving an investment of €171 million, Prime Minister Sócrates said that for decades Portugal was the European state with the lowest utilisation of its hydroelectric potential. Ribeiradio is being built by Portuguese construction group Martifer and energy group EDP.

TPN/Lusa

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Applicant
AND
MICHAEL LYNN
Respondent

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A copy of the Order dated 9 November 2009 together with the Notice of Motion dated 20 November 2009 and the documents referred to therein can be obtained from the offices of BCM Hanby Wallace, Solicitors for the Official Liquidator whose offices are at 88 Harcourt Street Dublin 2, Ireland.

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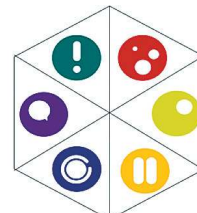
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Anglo-Portuguese battle over defamation claims



A cross-border legal storm continued to brew this week as mainstream media in Britain ran stories under headlines such as "British woman faces jail in Portugal for criticising lawyer" over a case which started out as a minor dispute between two expat neighbours in Praia da Luz.

Serena Wylde, a 58-year old business woman from Putney, is facing a possible prison sentence in Portugal after being accused of making defamatory and libellous claims contained in a complaint lodged against a lawyer with the Portuguese Law Society (*Ordem dos Advogados*).

She is also facing a civil claim which amounts to €50,000.

The case dates back to 2005 and this week attracted the attention of the BBC, the Telegraph and others who have revealed that Serena Wylde could be jailed for six months in Portugal for speaking her mind.

The opposing counsel in the case, Fernando Pimenta de Almeida Borges, who is based in Lagos, took offence to comments made by Serena Wylde in the complaint sent to the Law Society which she has since said she thought would remain confidential.

After reportedly ordering an inquiry into the allegations and initiating a disciplinary hearing against Fernando Pimenta de Almeida Borges, the Law Society is said to have felt satisfied that he should not be disbarred and had acted with due diligence during the case.

The charges made against Mr Borges were brought to his attention by the Law Society who requested he answer to the claims made by Serena Wylde.

Affronted by some of the terminology used in the complaint,

legal action was initiated against her by the Portuguese lawyer.

It is unclear when the trial will be held.

The case has been met with outrage in Britain and Jago Russell, Chief Executive of Fair Trials International, said in a statement: "This prosecution flies in the face of free speech and puts those in positions of power beyond reproach. I am horrified that Serena is being threatened with a prison sentence for making a complaint intended to protect others from a lawyer's unscrupulous behaviour."

Serena Wylde, quoted by Fair Trials International, added: "It is devastating to be charged with a criminal offence. In my case this happened because I told what I believe to be the truth and it has been turned against me by those who don't want to hear it. This ordeal has made me question every reference point of my daily security, and even my own sanity."

But speaking to **The Portugal News** on Wednesday in his Lagos Office, Mr Borges said he has been left with no option but to protect his good name and reputation.

The battle effectively started when Serena Wylde had learnt that Fernando Borges had continued legal proceedings in Portugal after an out of court settlement had been reached between

her and his client back in Britain.

Mr Borges said this week he was unaware the case had been settled, but says he ceased litigation once he received confirmation from his client.

His late father, who died in 2006, was a Supreme Court Judge and one of the pioneers of the post-revolution legal system in Portugal, having been the country's second democratically-elected Supreme Court President. The fact that he was a Supreme Court judge was widely mentioned in the UK media this week, though his father was referred to in the present tense.

Meanwhile, and according to the case lodged with the Public Prosecutor's Office, offence was taken to claims that Fernando Borges had acted "without any scruples and with the sole personal objective of continuing to cash in".

Mr Borges says to his knowledge, he has never met or spoken to Serena Wylde.

Other claims Mr Borges says he had to defend himself against were that he had "manipulated" his 78-year client "to initiate proceedings against her will, and that she was being advised by an ill-intentioned lawyer".

In the complaint sent to the Law Society, it was requested that Fernando Borges be struck off the roll. Should he remain on as a lawyer, Serena Wylde wrote:

"I will have the suspicion, one widely shared by many of my compatriots, that the Algarve is an oasis for unscrupulous and malicious lawyers who can act without being subjected to the law or any regulation under the presupposition that they will be protected by the camaraderie of their colleagues."

Questioned over how Mr Borges gained access to these intended "confidential" allegations, he replied that he had to see the charges in order to prepare his defence.

They were then ruled out by the Law Society which Fernando Borges says left him free to lodge a criminal and civil claim against Serena Wylde.

As for the alleged lack of freedom of expression in Portugal, Fernando Borges said he would have faced similar or even more severe charges in Britain had he made the same allegations against a barrister or a solicitor, adding that a democracy does not allow citizens to make defamatory comments they are unable to factually support.

He added that while he has faced "two or three" complaints during his 30 years as a lawyer, never have they contained defamatory or libellous comments about him as a person.

The Portugal News attempted to contact Serena Wylde on Thursday for further comment, but without success.

Madrid sewage causes Lisbon stink

Reports that Spain is channeling Madrid sewage into the Tagus River and diverting clean water to the Costas has been met with anger in Lisbon this week with legal action in Brussels being prepared against the Spanish Government.

Concerns have been raised that officials in drought-stricken Spain have been pumping sewage into the Tagus River which runs out into the Atlantic once it reaches the Portuguese capital, while simultaneously closing the tap on the river, further reducing water quality.

A movement called 'Protejo' says it has already prepared a case against Spain, which it plans on submitting to the European Commission in the coming days.

Paulo Constantino, chairman of the movement which incorporates a number of national environmental groups and international associations, told the *Correio da Manhã* this week that diverting water from the Tagus "is a clear violation of the EU Water Directive which the 27 member states are obliged to comply with until 2015. This [violation of EU laws] also threatens the quality of the Tagus River on the Portuguese side."

Carla Graça of national environmental group Quercus has meanwhile told the newspaper the water quality of the Tagus River that reaches the border "is frequently of an inferior quality, which is the result of sewage and agriculture."

"The river often takes a green appearance" as it comes into Portugal, the environmentalist adds.

In the meantime, Spanish authorities have requested an urgent meeting with Portuguese Prime

Minister José Sócrates to discuss the adverse effects the drought across the border is causing.

In a related development, the Spanish State Secretary of Water, Josep Puxeu, has called for closer relations with Portugal when it comes to determining the use of water from Portugal's Alqueva dam.

He says it is a "contradiction" that while the Alqueva reservoir is "over-flowing", Spain is in the midst of a drought.

This particular reservoir, whose current water levels stand at 80 percent, has always been a sore point for Spain.

Back in 2005, Lisbon and Madrid signed a revised agreement regarding Alqueva dam water.

Speaking about Portugal agreeing to pump water across into Spain, the then Spanish Environment Minister Cristina Narbona Ruiz was critical of Portugal for initially wanting rivers to flow the course they had for thousands of years.

"Up until now, Spanish water has been flowing into Portugal", adding: "Now I hope the water will start flowing in the opposite direction".

Meanwhile, the Portuguese Water Institute has also confirmed this week it has secured a meeting with its Spanish counterpart on December 15 to discuss a number of water-related issues, including how to replenish water that has been withheld from Portugal in recent weeks.

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Food Bank surpasses last year's collection

Food collected by the National Food Bank via a nation-wide drive held in various super and hypermarkets across the country has gathered 30 percent more products than during last year's Food Drive.

Held last weekend and carried out by Food Bank volunteers, this year's Drive achieved 2,498 tons of food products, outdoing last year's achievement by 30.9 percent.

In early November this year, Isabel Jonet, President of the National Food Bank, spoke to **The Portugal News** about the institution's current condition, which had been worsened by the effects of the crisis.

"Our monthly distributions are lessening. We give out food packages but there are fewer products in them", she said at the time.

"The crisis has affected us in two distinct ways; firstly in the noticeable rise of requests from

individuals and institutions; secondly in the reduction of donations and the type of donations that we receive from various companies, who have had to reduce their stock to correspond with current circumstances".

This week, after announcing the results of the national campaign, Isabel Jonet said in a press release, "Despite this time of deep economic crisis, the Portuguese have once again proved their great solidarity and willingness".

The weekend-long campaign was held in 1,323 supermarkets and hypermarkets in Abrantes, the Algarve, Aveiro, Braga, Coimbra, Cova da Beira, Évora e Beja, Leiria-Fátima, Lisboa, Oeste, Portalegre, Porto, Santarém, Setúbal, S. Miguel, Viana do Castelo and Viseu.

At present the Food Bank supports an estimated 250,000 people and has 17 national distribution points.

Swine Flu claims 23rd victim

Health officials on Wednesday announced the death of a young man from A H1N1 flu, raising the total number of fatalities from the disease in Portugal to 23.

The Director-General for Health said the latest Swine Flu death occurred Sunday.

Eighteen of the patients who died suffered from other, underlying illnesses, the officials said.

NEWS IN BRIEF

Spanish police bust cross-border theft ring

Spanish police have arrested 50 people suspected of belonging to a cross-border theft ring, recovering "large quantities of jewellery", Portugal's Internal Security System announced. It said a "significant part" of the recovered loot, namely gold jewellery, appeared to have been stolen from homes in Portugal between June 2008 and last June. The recovered jewellery is displayed on a Spanish website, www.policia.es/AMPLIACION/expo_joyas/index.htm - for consultation, the Portuguese authorities said. Persons recognising the stolen pieces should contact the closest GNR or PSP police station.

Orient Museum wants Macao to handover flag as key exhibit

The Orient Museum in the Portuguese capital is willing to receive the last Portuguese flag officially flown in Macao, which will be put on display in a prominent place, Orient Foundation chairman Carlos Monjardino said. Monjardino told *Lusa* he wasn't sure who has power to decide where the Portuguese flag ends up, but it is probably Portugal's head of state. Portugal's last Macao governor Vasco Vieira told *Lusa* last week the flag, which he personally received on December 19, 1999 during Macao's Lisbon-Beijing power switch, is now in a former aide's chest of drawers.

Lusa make 2 million photos available over Sapo portal

Portuguese news agency Lusa have made some 2 million news photos available free of cost through the Sapo internet portal, Editor in Chief Luís Miguel Viana announced. The archives, a collection from Lusa and its foreign agency partners, "tell the history of Portugal and of the world during the last half century in their own manner", Viana said, adding that the initiative was not profit oriented. "Revenues are not our prime concern and they will be proportional to the success the service has", he said. In an ongoing process, Lusa's photo archives have been revamped and digitalized over the past three years, while the agency's current stream of some 800 photos daily are automatically incorporated. The public will have free access to the low resolution photos on Sapo and clients wanting news pictures for publication or advertising may purchase them from Lusa at a cost of between €20 and €100, sales and marketing director Luís Martins stated.

28 accused in Moldova illegal immigration ring

Portuguese prosecutors said last week they have charged 28 people with a range of offences relating to illegal immigration from Moldova. The Prosecutor's Office in Lisbon said in a statement three of the accused, including the gang's alleged mastermind, have been in custody since November 17 last year. The suspects purportedly facilitated illegal entry to Portugal by providing false identity documents, said the communiqué from Portugal's state prosecution service.

2011 is 'Year of Portugal' in Brazil

The Brazilian government said last Thursday that 2011 will be designated 'Year of Portugal' in an initiative aimed to promote the rich culture and business opportunities of Brazil's former colonial ruler. Adriano Jordão, head of Portugal's official Camões Institute in Brazil, confirmed to *Lusa* reports that the 'Year of Portugal' will be staged in 2011. Jordão said his organisation wants to show off Portugal's cultural, financial, architectural and gastronomic assets, among others, in various events across the Latin American state.

Macao hotel to house King of Pop's white glove

Michael Jackson's iconic 'moonwalk' white glove has found a new home - Macao's Ponte 16 Hotel. The hotel announced that Jackson's glove, purchased recently for \$350,000 at a Los Angeles celebrity auction, will be displayed in the lobby and that other personal items that belonged to the 'King of Pop' would be on view in an adjacent Michael Jackson Gallery. It did not specify when the memorabilia would go public. The hotel in Asia's gaming capital said it wanted to offer Jackson fans "another place to recall the artist beyond the Neverland Ranch in California". One of Ponte 16's owners, Hong Kong-based Hoffman Ma, bought the white glove and other Jackson items, including a 'Thriller' zombie t-shirt, a pair of socks and a platinum disk from the 'Bad' album at the Julien's Auctions sale.

Portuguese transvestite film wins top award at Czech gay festival

Portuguese director João Pedro Rodrigues' latest film 'Morrer Como um Homem' has won the Best Film award at the Czech Gay and Lesbian Mezipatra Film Festival. Producer Rosa Filmes said last week that 'Morrer Como um Homem', or 'Die Like a Man' in English, took the top honour at the October 23rd - November 8th Festival in Brno and Prague with the jury describing Rodrigues' third feature-length film as having "sublime performances" and a "courageous script". The film recounts the life of Lisbon's late transvestite entertainer Ruth Bryden, a role played by transvestite Fernando Santos, 48, who uses the professional name Deborah Kristal.

'Morrer Como um Homem' was previously shown at festivals in Cannes, São Paulo and New York. *TPN/Lusa*

Greenpeace activists detained after scaling Belém tower

Portuguese police detained nine Greenpeace activists on Monday after the group scaled Belém Tower and unfurled banners calling on the Ibero-American summit to discuss climate change issues.

Police said the activists - two Portuguese, an Italian and six Spaniards - offered no resistance on being detained at the Lisbon landmark beside the Tagus River where the three-day summit kicked off Sunday night.

The banners in Portuguese, Spanish and English read: "Our climate, Your decision".

The spokesman for the Portuguese chapter of Greenpeace, Luís Ferreirinho, told the Lusa News Agency the action was meant to send a message to the Ibero-American leaders to consider "the urgency of fighting climate changes". *TPN/Lusa*

Photo right: Portuguese police near the Belém Tower in Lisbon, after Greenpeace activists decorated it with banners saying, "Our climate, your decision" during the Ibero-American summit in Estoril, 30 November. (Photo: Greenpeace/Pedro Armestre)

**EU authorises GM maize MIR604**

The European Commission has this week adopted a decision authorising genetically modified (GM) maize MIR604 for food and feed uses, import and processing.

In a statement posted this week, the European Commission explained MIR604 maize received a positive safety assessment from the European Food Safety Authority (EFSA) and underwent the full authorisation procedure set out in EU legislation.

As member states failed to return a qualified majority decision for or against this authorisation in the Standing Committee on the Food Chain and Animal Health (SCoFCAH), and then in the Council, the dossier was sent back to the Commission for adoption.

The authorisation is valid for 10 years, and any products produced from MIR604 maize will be subject to the EU's labelling and traceability rules. For more information, see: http://ec.europa.eu/food/food/biotechnology/index_en.htm



NEW YEAR'S 2010



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Faces light up with the Refúgio's Christmas tree



Every year on December 1st the Refúgio Aboim Ascensão children's orphanage, in Faro, lights up its resident Christmas tree – a huge pine tree in the middle of the home's courtyard – in the presence of hundreds of guests and children to welcome in the Christmas season.

This year was no exception and on Tuesday this week at precisely 18h00 the lights – 3,000 coloured bulbs, to be exact – were gradually switched on by several guests.

The home has made it a tradition to invite various national dignities and celebrities to the Christmas tree ceremony. This year Guest of Honour was Portuguese Ombudsman Alfredo José de Sousa, who arrived at the Refúgio around 16h30 for a guided tour of the facilities by the home's President Dr. Luís Villas Boas.

During the pre-tree-lighting speeches, Ombudsman de Sousa said "throughout the course of 2010 I will be carrying out inspectional visits to Governmental and non-Governmental institutions with the objective of ensuring they are carrying out their duties concerning children's rights".

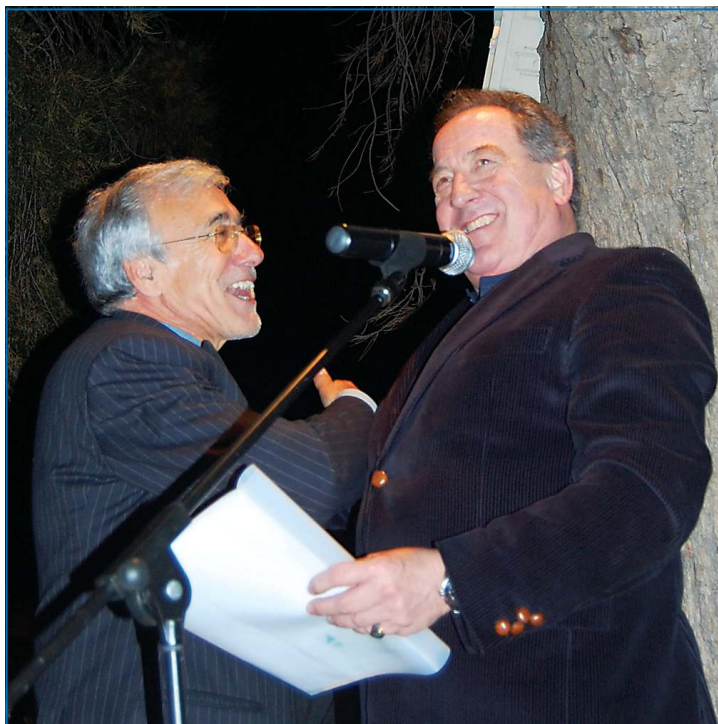
As have many guests of honour before him, the Ombudsman praised the Refúgio Aboim Ascensão for the work it does in raising the standards of child care and protection. Ombudsman de Sousa was in fact so carried away by his enthusiasm for the cause that he switched on several sections of the tree that had been designated for other guests to illuminate.

Amongst those present at the ceremony was Faro Civil Governor Sílvia Gomes, newly elected Faro Mayor Macário Correia, and the Vice-President of the Republic Assembly.

Many adoptee parents from all over Portugal and their and adopted children returned to the home for the get-together, to the delight of the children currently in care.

Refúgio Aboim Ascensão has been internationally hailed as an institutional example to be followed. It provides shelter to nearly 100 orphaned or abandoned children up to the age of five, including new-borns, the majority of whom are placed in care via the courts. Adoption is encouraged whenever being returned to the biological family is not an option and over the years many children have been rehomed with a loving family through the Refúgio.

In the chilly cold of the first December evening in 2009, hundreds of hearts were warmed as once again the Refúgio's Christmas tree shone brightly.



Guest of Honour at this year's lighting up of the Christmas decorations at the Refúgio Aboim Ascensão Children's Home in Faro, Portuguese Ombudsman Alfredo José de Sousa (left) seen here with Director of the Home, Luís Villas Boas. (Photo: The Portugal News)

Barringtons Christmas Bazaar

With the countdown to Christmas now on, Barringtons Christmas Bazaar, Vale do Lobo, is the place to be on Monday 7th and Tuesday 8th December. From 11h00 – 17h00 the annual Christmas Bazaar will be held, packed to the brim with over 40 stalls, which this year promises to be the biggest and best to date.

From Festive Fashions to handmade unique baubles for dressing your tree, all types of Christmas shopping and preparations can be found at Barringtons Bazaar. The food hall will be packed with all essential tasty treats, from Cheese and Chutneys to favourite cakes, puddings and mince pies and a selection of fine wines.

Cards, crackers and gift ideas for all the family, the Barringtons

Christmas Bazaar has all that is needed to make this Christmas the best ever and is not to be missed. The restaurant will be serving mulled wine and mince pies and to get visitors into the Christmas groove. Live musicians will be performing a selection of Christmas favourites

throughout the day.

Also 'Fight it off before you put it on!' with Barringtons Christmas Special in the Gym, which offers free classes and use of the gym.

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Teen in fatal air rifle accident

A fourteen year old boy from Algoz, Silves, has died after an accident with an air-rifle last Friday. After an air rifle was accidentally shot by his friend, the teenager was left with severe brain damage and put on a life support machine until Sunday, when doctors decided to turn it off as there was no chance of recovery.

The accident happened when the young boy, called Duarte Marques, was shooting tins with his friends on Friday 27th November. When they had finished; his two friends walked back into the house to store the rifle and it accidentally triggered when it bumped into the door.

The bullet shot through the boy's left eye socket when he was less than a metre away and caused damage to 98 percent of his brain. "When he fell onto the floor he managed to say it hurt, but then he stopped speaking"

said Ricardo Vieira, the boy who was carrying the air rifle.

"We didn't realise the air rifle was loaded" said the friend, who said they seldom used the rifle.

He was taken to Faro Hospital, where doctors put him on a life support machine, with a transfer to Lisbon being ruled out as it could cause further brain damage.

On Sunday doctors decided to turn off the machine.

No license is required to purchase an air rifle in Portugal.

Loulé to keep council tax low for 2010

Loulé Town Hall this week announced that it would keep council tax low for the upcoming year, 2010, in order to support residents and encourage more investment in that municipality during the economic crisis.

Local municipal executives approved a proposal to reduce IRS taxes charged to inhabitants of that municipality by two percentage points.

"As happened last year the Town Hall will only charge three percent of the IRS, instead of the maximum charge which is set at five percent", a statement confirmed.

It was further confirmed that "regarding Municipal Property Tax (IMI) that is applicable to urban buildings, next year the same reduced percentage of 0.68 percent will also be maintained".

Concerning other urban buildings assessed under the terms of the IMI code, a reduced percentage of 0.36 on tax will be charged.

In the parishes of Alte, Ameixial, Benafim, Querença, Salir and Tórres are reduced by up to 30 percent.

This has been devised by Loulé Town Hall to try and prevent the desertification of Loulé's interior region.

Mayor Seruca Emídio has also recently announced young property buyers, aged between 18 and 35 would be exempt from paying property transfer tax (IMT) in that municipality.

This, he said, is to "combat the drop in interior populations and encourage the settling of younger people".

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Portimão Museum distinguished by Museum Association



The exterior of the Portimão Museum that was once a sardine factory. (Photo: Filipe da Palma)



The process of preparing and tinning sardines is depicted throughout the museum. (Photo: Filipe da Palma)



The Portimão Museum received an honourable mention during the 'Best Portuguese Museum' prize giving, a prestigious award given by the Portuguese Association of Museology, which this year was on November 27th, at the Neo-Realism Museum, in Vila Franca de Xira.

Ten prizes were awarded by the Culture Secretary, Elísio Summavielle, during the ceremony, with the 'Museu do Oriente', in Alcântara-Mar, receiving the Best Portuguese

Museum prize. Portimão Museum, as well as two others (the 'Museu de Fado', in Lisbon, and the 'Museu da Escrita do Sudoeste', in Almodôvar), were distinguished with honourable mentions by Elísio Summavielle.

Built from the original structure of the Feu Hermanos tuna canning factory, the Portimão Museum represented a €10 million investment, financed by Portimão Council and the Culture Operational Programme (POC). 'Portimão - Território e Identidade' is the museum's permanent display and illustrates the historical, ethnic and industrial heritage of the city, as well as portraying the local community over its evolution.

Having opened in May 2008, the museum also has temporary exhibitions, educational rooms, a modern documentation centre, a historical archive, an auditorium and a restoration workshop/laboratory, which is currently showing the 'Carrinhas de Portimão'.

Portimão celebrates 85th anniversary

On December 11th Portimão will be celebrating its 85th anniversary as a city, a special date that will be marked with several cultural, sporting and social events, taking place between 4th and 13th December.

The official ceremonies will begin at 09h00 on Friday with the hoisting of the flag, which will mark the beginning of the parade by Portimão's voluntary fire fighters in conjunction with the Portimonense Philharmonic Band, followed by the traditional pigeon release, in the

1^o de Maio square. The pilgrimage to Manuel Teixeira Gomes' grave will then be made and, at 11h00, an awards ceremony will take place in the Town Hall's Noble Room.

Other special events will be taking place in the run up to the 11th, such as the Sport Gala on 8th, where the Council will be recognising its athletes competing in international, national and regional competitions. A Delfins concert has been organised for the 13th at the Municipal Auditorium, part of their 'goodbye' na-

tional tour.

The final of the 8th Portimão Amateur Fado competition, the 16th Portimão Choir Meeting and the exhibition of the winning photographs of the Portimão Photographic Race are just some of the other events that will be taking place in the council.

Portimão Theatre will also be commemorating its first anniversary during the nine day celebrations in Portimão, with several exhibitions and events planned for the building located in the centre of the city.

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Actors perform at the Lisbon Players Theatre, one of Lisbon's oldest theatre companies, which is at risk of being closed down.

Lisbon's English theatre under threat



The Lisbon Players, established in 1947 and one of Lisbon's oldest theatre companies, has said this week in a statement that it is under threat of closure due to a "British government plan to sell the land on which the theatre building stands, for development".

The group, which is international, but performs in English, vehemently opposes these plans and contests the British government's ownership of the building. It also claims that the theatre is fulfilling the terms of the trust under which the theatre building falls – in other words "to promote the language and culture of Britain".

In its 62nd year of existence the Lisbon Players continues to develop an intensive plan of productions and workshops. Its most recent productions were *Saturday, Sunday Monday* by Eduardo di Filippo, Shakespeare's *Cymbeline* and Bram Stoker's *Dracula* involving British, Brazilian, Portuguese, Serbian, Angolan and Irish performers and, before that, six short plays that were the fruit of workshops designed to train new theatre directors. Of the six directors on the course two were British, three Portuguese and one, French.

In July 2009 there were two Shakespeare workshops that were fully subscribed.

The current season has just opened with an ambitious production of Shakespeare's *Hamlet* and will continue with *Shakers* and *Bouncers* by John Godber followed by a season of one-act plays.

Throughout their history, and without subsidy or financial help of any kind, the Lisbon Players has mounted three or four productions a year as well as poetry readings, concerts and workshops. The repertoire is incredibly varied, ranging from classics – Shakespeare, Sophocles, Ibsen,

Chekhov, Restoration Comedy and Wilde to musical productions which have included the first productions in Portugal of John Gay's *The Beggar's Opera*, Joan Littlewood's *Oh What a Lovely War* and Kander and Ebb's *Cabaret*, as well as many works by contemporary authors.

Their theatre, Estrela Hall, has a reputation for being one of the most welcoming venues in Lisbon. It also has a very interesting history. It was the first theatre in Portugal to put on Beckett's seminal play *Waiting for Godot* in 1961 which merited a visit from Salazar's secret police (PIDE) who were sniffing out subversion. It also became a shared home for a while to the resident company of Portugal's National Theatre when their home, the Teatro Dona Maria II in the Rossio, burnt down in 1964. Also in the 1960s one of the theatre's regular directors was Alain Oulman, *fadista* Amália Rodrigues' friend and song-writer.

In the meantime, an online petition has been created by the group which can be found by visiting: <http://www.gopetition.com/petitions/save-the-lisbon-players.html>

This weekend, the Lisbon Players' will once again be staging a production of *Hamlet* after two successful weeks at the Estrela Hall.

Tickets for this Friday evening (December 4th) have been sold out, but a few were still available for Saturday and the Sunday matinee.

In order to book tickets, call 21 396 1946 and leave a message in either Portuguese or English.

Bridge train improves Lisbon's carbon footprint



The Fertagus train, which crosses the Tagus River, spared the Earth's atmosphere 13,000 tonnes of CO₂ in 2008, according to data from the railway company.

Fertagus' first sustainability report, which seeks to learn about the company's economic, social and environmental impact, has recently revealed that in 2008, the train that crosses the Tagus using the 25 de Abril bridge has managed to reduce CO₂ emissions by 13,000 tonnes.

Due to the trains' braking system, which recovers energy produced from braking, the company was also able to recover 33 percent of the electric energy used for traction and distribute it back into the network.

"When in motion, the train uses energy, but when it brakes, part of that energy is put back into the network and is made available for other trains to use" said Cristina Dourado.

According to the administra-

tor of Fertagus, the study was carried out "due to a necessity to systemise and analyse all the work we have been carrying out to offer ourselves as an alternative form of mobility, sustainability and life quality for citizens, and to see where we can work to improve the company's sustainability."

She also said that by 2011, Fertagus will no longer be needing support from the State, proving that "it is possible to offer citizens quality public transportation whilst being economically sustainable."

Fertagus, a company that belongs to the Barraqueiro Group, currently provides transportation to 85,000 passengers per day and stops at fourteen stations over a 54 kilometre stretch.

Florida Democrat appointed ambassador to Portugal

Allan Katz of Tallahassee, a Democratic Party activist and early supporter of President Barack Obama, has been nominated ambassador to Portugal, it was revealed by the White House earlier this week.

Allan J. Katz is currently counsel to Akerman Senterfitt and the chair of the firm-wide policy practice group. Katz was previously City Commissioner for the City of Tallahassee.

In 2007, he organised and created the Village Square, a bipartisan community based organization. Prior to that, he was the managing partner of Katz, Kutter, Alderman & Bryant, P.A. Mr. Katz was also appointed by Florida's CFO to serve on the board of the Citizens Property Insurance Corporation.

He also served as head of the Joint Planning Board which coordinates the distribution of funds to social service agencies on behalf of the City, the

County and the United Way. Prior to entering private practice, Mr. Katz was Assistant Insurance Commissioner and General Counsel for the State of Florida Insurance Department.

He has also held positions as General Counsel, U.S. House of Representatives Commissioner on Administrative Review; Legislative Director for Congressman David Obey, and Legislative Assistant to Congressman Bill Gunter. Katz has a B.A. from the University of Missouri at Kansas City and holds a J.D. from the American University, Washington College of Law.

The nomination of Mr Katz however still requires Senate approval.

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Thanksgiving in Baltimore

"It's always the unexpected," my mother used to say. And so it was the morning of Wednesday, November 25. I'd finished packing late in the night for a 3-day bridge tournament in Sesimbra. That's where I had planned to spend Thanksgiving eating grilled fish instead of roasted turkey, potatoes instead of pumpkin, Portuguese bread instead of American stuffing. It was 7.50 am and I decided to check my emails before walking the dogs. That one action changed my plans for the next seven days. A message had come from my Aunt that my step mother in Baltimore, my home town, was gravely ill. I looked at my watch and calculated how long it would take me to find my winter coat, get the airport, buy a ticket and arrive that evening.

TAP (www.flytap.com) has always been my airline of choice. I feared an astronomical fare for such late notice (or maybe no space at all on the plane?) but the ticketing agent in Lisbon found me a decent price and an aisle seat, confirming my Dad's saying that

"there's always room for one more". Two hours later I was on my way to Newark International Airport. Then an Amtrak train ride put me in Baltimore in 11 hours total. Next came another example of the unexpected: my step mom was too ill to see anyone. I was sad, but understood. (I didn't have time to call first given the time difference between Lisbon and the east coast.) So there I was, the day before Thanksgiving, with no plans. I was too embarrassed to call a friend and say I had nowhere to go, but I spotted a sign in the hotel lobby advertising a Thanksgiving lunch the next day. It seemed impersonal for such an intimate holiday but I couldn't imagine foregoing turkey "and all the trimmings." Then I got another idea: volunteer to feed the hungry that day. I googled volunteering for charity events in Baltimore and found one that sounded promising. But the organizer's phone didn't answer so I was stuck again. Then I got courageous. At 10.30 a.m. on Thanksgiving Day I called my grade school friend Nancy.

"Welcome to Baltimore," she said. "What are you doing for

Thanksgiving?"

"Nothing."

"I'll call you right back," she said.

Three minutes later her cousin, another grade school friend called. "Pat, I'll pick you up in two hours. There is no way you're spending Thanksgiving alone."

I had tried to talk myself into the fact that eating alone at the hotel would be fine, but deep down I knew it wouldn't. Fast forward three hours where I ate with twenty others, most of whom I knew from childhood, plus their offspring. After the meal I volunteered to wash the dishes.

"Pat, you don't have to do penance" Nancy said as she saw my hands plunged deep into the sudsy water with piles of dirty plates, cutlery, glasses and serving dishes stacked before me to wash.

I protested, but I knew what she meant. I was so grateful to have a place to go on Thanksgiving that maybe this was my pay-back for the invitation. I also spent time thinking about my God mother who wasn't enjoying any celebration. Cancer had whittled



Westheimer

her body to under 40 kilos, her once attractive face into a sculpted set of protruding bones and her agile limbs into arms and legs that could no longer function. At least that's what I saw six weeks ago when I had dinner with her, before she turned even worse.

There was a lot of gratitude for friendship on the one holiday in the US free of dogma or material obligation. And there was also sadness for my step mother, the woman who made my father extremely happy in his second marriage. Both of them, now deceased, would have enjoyed the Thanksgiving meal.

Follow my blog: patwesty.wordpress.com

Portugal Branch of The Royal British Legion AGM

Members of the Portugal Branch of the Legion met at the Hotel Garbe on Wednesday 25 November for the AGM. Chaired by Ron Goddard and with Paul Wigram as Secretary, the members were informed of the achievements during 2009.

The treasurer, Stewart Austin outlined the Branch's excellent financial state and thanked JHQ Lisbon for providing independent auditors to scrutinize the accounts. Darren Behenna informed the members that for the first time ever the Branch had over 300 members, and increase of almost 100% in just a few years. A motion was carried to reflect the current exchange rate which should see a reduction in fees for 2010.

Des Briggs, in his welfare report, told the members of the increase in welfare cases which resulted in almost twice the amount of financial aid being disbursed in 2009 compared to 2008. Des thanked the Consuls, and the case-workers for their support. Mark Hammer, who leads on training thanked UK for conducting courses in Portugal which resulted in over 30 people receiving formal training in 2008. He also informed

the members that there would be a further caseworkers training course to be held in the Hotel Garbe in March 2010.

Barbara Briggs, ably assisted by Des, and using the Branch's recently purchased projection equipment tested her "Recruiting Road Show" on the members. At the end she received an enthusiastic ovation.

In his Poppy Appeal report the chairman thanked the National organizers and collectors. The indications are that this year will see a small increase on last year's collection of almost €30,000. A certificate signed by the Branch President, Ambassador Alexander Ellis, was presented to Sandra Wilkinson for her work in coordinating the appeal in East Algarve. In an emotional statement Sandra said she was accepting the award on behalf of all of those who helped collect, especially at the airport.

The chairman thanked the Vice Chairman, John Harwood for his support over the years, and with Des Briggs as his replacement the entire committee was re-elected for 2010. After the meeting the chairman sent a message of thanks to the Vicki Good at the Hotel Garbe for her support throughout the year - and an excellent lunch.



Commander Ron Goddard presents a certificate to Mrs Sandra Wilkinson

Chanukah in Portimão



The Jewish Community of Algarve will be celebrating **Chanukah**, the **Festival of Lights**, with a picnic lunch in Portimão, on **Sunday 13th of December**.

The history of *Chanukah* is recorded in the Deuterocanonical book of the Maccabees. It goes back some twenty-two centuries when the Jewish people were under the rule of Antiochus IV of Syria. Antiochus attempted to Hellenise Jews and erected idols and statues for them to worship. In the small village of Modin, near Jerusalem, Mattisyahu, an old man was forced by soldiers to bow to an idol. He refused and had to flee for his life to the mountains. From there he created a

guerrilla army against the oppressors. After his death, he was succeeded by Judah the Maccabee who defeated the Syrian army thereby re-conquering the badly desecrated Holy Temple in Jerusalem. The Temple was cleaned, but when relighting the *Menorah* (an eight armed candelabra) there was only sufficient oil for one day and it would take a week to prepare more. But the oil lasted for eight days. It is this miracle and the spiritual survival of Judaism that is commemorated and celebrated. Members of the Community will be lighting their Menorahs at the lunch.

Further info from Ralf Pinto tel. 282416710. fax 282416515 Ralf.Pinto@sapo.pt

Amigo's AGM

The AMIGOS' Annual General Meeting took place at the Centro Cultural São Lourenço on Friday November 27th, 2009. Larry Hampton was the President of General Assembly. The attendance was good and the meeting passed off smoothly. This was a non-election year but Edwin Bisset, the long serving treasurer, retired and Michael Savage was elected in his place. The members were advised that the Amigos' finances remain in good shape and that there are some excellent concerts to look forward to during the coming 2009/10 season. Barry Shaw continues as president of the Amigos.

During the past musical year the Amigos launched a website (www.amigos-de-musica.org) to further inform members and the public about their activities and forthcoming concerts. There were a number of very fine concerts including those by Sa Chen, the very gifted Chinese pianist, Julian Reim, another famous pianist, the Two Kathryns - Kathryn Kruger (Violin) and Kathryn Gross (Cello) - and the young Portuguese pianist Pedro Ferro. French pianist Eric Le Sage introduced the Amigos to a young violinist François Salque. Other musicians that played for the Amigos included the cellist Sumita Mamtani and Uta Kerner, violin.

New Year Concerts 2009/2010

Four Hands Piano - Ana Luísa Monteiro And Ana Margarida Silva. These will be on December 30, 2009 And January 6, 2010.



Barry Shaw - President; Helga Hampton; Larry Hampton - President of The General Assembly; John Perera; Michael Savage; Missing: Margaret Jackson

St. Andrews Society of Lisbon 75th Anniversary Ball

On Saturday 21st November, The St. Andrews Society of Lisbon celebrated its 75th Anniversary in grand style at the Hotel Palacio, Estoril. The skirl of the pipes filled the air as members and guests arrived at the hotel where they were welcomed by Chieftain David Wilkie and other members of the committee. The Palacio Hotel provided an elegant setting for the cocktail reception after which the Pipes and Drums of the Grampian Police Pipe Band, our special guests for this celebratory evening, beckoned guests to the ballroom to commence festivities.

The Selkirk Grace was given by the Reverend Stewart Lamont and after a delicious platter of Smoked Salmon, the sound of the pipes announced the arrival of the traditional haggis (generously flown in by "Distant Brits") which was eloquently addressed by Norman Reid. Noise levels rose as appetites were satisfied and thanks to our sponsors, Prime Drinks, the Balvenie whisky flowed. We are also grateful to Dirk Willem Gesink (Gesink Turismo Náutico Lda. / O Leão das Ilhas) for his contribution to the evening. Between courses, guests were entertained by rousing tunes from the pipe band.

Stewart Lamont gave a very

witty and entertaining speech which encompassed the diverse characteristics of Scots at home and their many contributions to the world in fields of medicine, science and technology. He was thanked by the Chieftain. After a medley of nostalgic tunes, it was a final "Farewell" from The Grampian Police Pipe Band and they were given rousing applause. We hope they will return to entertain us again!

Our regular guests from Scotland, the Caerketton Band, took to the stage and soon the dance floor was packed as Scots and their guests kicked up their heels to selection of jigs and reels. At midnight, blue and white balloons descended from the ceiling and young and old alike were Military Two-Stepping while balloons popped. Fun was had by all! However, it was not until the "wee sma hours" that the strains of "Auld Lang Syne" concluded what was a very special evening indeed. The happy revellers returned home weary and foot-sore but eager for our next celebration which will be the Burns Supper to be held on the 30th January 2010 in the Quinta Santo Antonio, Malveira da Serra. For further details please contact: St. Andrews Society Secretary, Theresa Adams at adams@sapo.pt



Open door at Quinta dos Vales

There will be an "Open door" event at Quinta dos Vales in Estombar on December 12th from 9am to 6pm, where they will present their new sculptures and wines.

You can enjoy: the sculpture gardens; seeing artists at work; visiting the winery; tasting the wines; walking through the animal area with deer, kangaroos, horses, sheep, goats etc.

Christmas is...late!

The Christmas Opera by Gita Nasta, Director of Music at the International School of the Algarve, that was scheduled to be held at the Lagoa Auditorium this week has been postponed due to an illness on the cast.

The Lagoa auditorium have

agreed to allow for the production to be moved to Saturday 9th January at 20h30 and Sunday 10th January at 15h00.

Tickets are still free of charge and reservations may be made at the School Office: Tel: 282 342 547.

'Angels Feathers'

This new comedy by Nicky Moran will be performed at Silves Cine-Theatre Club on Saturday, 12th December. The bar

opens 7.30, curtains up 8.30pm. Tickets €9 - please book on 282 443 855 or the2bentleys@aol.com

Christmas Flowers for the Home
a demonstration of **Flower Arranging** followed by **Cheese and Wine**

Proceeds to All Saints Anglican Church and Almancil Community Centre (ASCA)

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Walking in the beautiful Algarve

Let's walk... ... from Nora Wednesday 9th Dec

A gentle walk of 2.5 hours through the countryside and hamlets with good views and great company! 10.30am start-meet at the cafe in Nora, which is on the road from Silves to Messines. Drive into Silves, go right after the bridge and at the roundabout take the first exit. Follow the road for 10km when there is a turn to the right for Nora, drive into the village and the cafe is on the right on a bend. (From the IC1 the turn for Nora is 9km in the direction of Silves on the left.

All are welcome to come along - there is no need to book (there is a charge of 5 euro per walk which includes a donation to charity). Please wear comfortable shoes, bring some water and a sense of humour!

If you require more details please call: Julie Statham 965753 033/ 922 244 242 or www.portugalwalks.com

East Algarve Walks

Tuesday & Friday mornings

For more information contact Brian: 913 595 868, brian@moonlightservices.eu, www.moonlightservices.eu

Algarve Archeological Society

Please note change of day - due to Public Holidays the December meeting will be held on Wednesday 9th December.

The venues are Museum do Trajo, São Brás for a 2.30 start. The evening venue is the Convento de São José, Lagoa at 6.30 pm. Should you wish to have lunch in São Brás, please tel 917 26 79 48.

A dinner after the evening meeting is arranged whilst at the meeting.

The speaker will be Dr. Richard Harrison - Lost Worlds from the Spanish Bronze Age.

Dr. Harrison's research has centred on field projects and excavations designed to obtain first class data on model palaeo-economic changes and patterns of intensification in the Copper and Bronze Ages of Spain and Portugal.

The work established the dynamism and local autonomy of societies with a low population density, showing specialised horse breeding for hunting.



His work covered sites of Moncin Majaladares in Zaragoza and sites in Aragon.

Dr. Harrison is a Professor Emeritus of European Pre History and has recently retired from Bristol University. He has an MA in Archaeology and Anthropology and a PhD from Harvard.

Dr. Harrison is wintering on the Algarve and we warmly welcome such an esteemed speaker to our lectures.

These lectures are open to non members at a charge of €5. This money is used to finance speakers and grants. Should you wish to know further, please telephone Maxine on 917 26 79 48.

Muddy Cogs bike rides

Saturday - Movers - 5th Dec

Starting Point

Paragil - Just off the main Boliquireto Louleroad, take the turn signed to Alte, Benafim and Paragil and in the centre of Paragil, park where you can.

Lets meet here at 09.45 ish
Start Time 10.00 am.

Ride details

This weekly ride is around 35km and is mainly on dirt tracks and tarmac! We pass through some beautiful quiet countryside and there will also be a cafe stop, probably at the Corte Real gallery in Paderne. An interesting and varied ride and one definitely not to be missed, I am sure that you will enjoy this ride.

Sunday - Shakers - 6th December (Note changed start time)

Starting point

Paderne - Meet in the car park by the football stadium at the bottom of the hill in Paderne.

Lets meet here at 11.45
Start Time 12.00 mid day

Ride Details

This ride will be around 30 km, but there will be options to shorten or extend depending upon how riders feel. This is a mostly easy and pleasant ride with a cafe stop.

Tuesday - Movers & Shakers - 8th Dec

Starting point

Vilamoura - Meet in the car park by Falesia beach, to the west of Vilamoura past the Lake resort. Lets meet here at 09.15
Start time 09.30

Ride Details

This ride will be around 30 km on a mixture of dirt track roads and also tarmac. This ride will take us towards Albufeira where there will be a cafe stop. This is an interesting ride and avoids any busy main road where possible.

Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 09.00 am to 09.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let me know.

Paul Beesley, Activity Algarve
Mobile: 913 226 954
E-mail: paul.beesley@sapo.pt
Website: www.activityalgarve.com

Tigers Claw Vulcans - Amigos Unfriendly to Crusaders

The Greens have recovered their composure after a recent wobble and collected the full eight points winning 75-33 over Pedras Panthers, who have made a very promising start to their Bowls Algarve league career. Tavira Tigers are once more on the prowl, beating the Valverde Vulcans by 70-35 and by eight points to nil. Valverde Vikings were at home to the ABC Cats who have been in stunning form recently. Vikings however, were no respecters of reputations and swept the board eight - nil and by 79 shots to 30. Cats therefore losing ground to the Greens at the top of the table.

Another team on a bit of a charge at the moment are the Alvor Amigos, who continued their excellent form with a 50-40 victory at home to the also high-flying PDF Crusaders, Amigos

taking six points to two. Alvor Harlequins got their season back on track with a 63-43 win over the struggling Amendoeira Nuts team. Harlequins snatching six points to two. In the final match this weekend, Alvor Gladiators thrashed the PDF Sinners by 83-27 and took all eight points to help their league challenge.

Greens stretch their lead to ten points. They are on 58 and the Cats now have 48, followed by the Crusaders who remain third on 45 points. Gladiators also have 45, whilst Tigers climb to fifth on 44 points. Panthers slip to sixth on 43 points. Amigos now have 36 and Harlequins are on 35. Vikings have 30 points, Sinners remain on 20, with Nuts on 14 points just ahead of the Vulcans at the bottom with 12.

Alan Clarke, League Director



L to R: Vice Captain Ron Goddard, John Duggan, winner Chris Goulding, Max Zimmerli

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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The Jews in Portugal

Talk by Peter Kingdon Booker

Tuesday 15 December at 6.30 pm, Convento São José, Lagoa
Friday 18 December at 11 am, Municipal Library, Tavira

Ever since the diaspora caused by the Romans in 70 CE, Christian communities had difficulties in coming to terms with their Jewish populations, and there were usually strained relations between them. One has only to think of the treatment of Jews which Shakespeare describes in *The Merchant of Venice*.

Such difficulties led in turn to further diasporas, and in Spain and Portugal the relevant dates were 1492 and 1497. For a long time after 1497, the practising of the Jewish religion in Portugal was very dangerous, and Jews came back into Portugal only in

the mid-nineteenth century. Why were Jews so cordially disliked that they were expelled? How many left Portugal at the time of the Sephardic diaspora, and how many chose to remain? What was the influence of this diaspora on the society that remained?

Peter Kingdon Booker describes the history of The Jews in Portugal and explains how this hostile attitude by the government of the time caused great hardship to Portugal in the years that followed.

Information: lynne.booker@iol.pt/281 971 567

RBC Trophy

The Royal British Club Golf Society played for the RBC Trophy on November 4th. As members woke up that morning rain was pouring down and several members of the Society decided that staying in a warm bed was the better option. However, quite a few intrepid souls braved the rain to get to their tee times. After a hole or two the rain eased off and hole by hole the weather improved until we even had a little sunshine enabling many members to perform a mini striptease, shedding their rain gear and warm sweaters as they played.

The members couldn't blame the rain, or the course which was in remarkably good condition, but the majority of scores this month did not reach the usual heights causing at least one surprising result.

The Trophy was won, with a commendable score of 34 points by Chris Goulding, followed closely, after a countback, by Vice Captain Ron Goddard. Third prize went to Max Zimmerli with 32 points, fourth prize to Harley Barnard with 31,

fifth prize to Bill Buxton, also after a countback and the sixth prize to Ewan Rankin with 30.

Miranda Thomas won the Newstead Cup, the Men's nearest the pin prize went to Chris Goulding, with none of the Ladies managing to land on the green for their nearest the pin prize! The Guest Prize went to Phyllis Lawlor and the Top Ten winner, once again, was Carl Eggers. The most surprising result of the competition was the winner of the Cow Bell - Denys Stormont - who was the winner of last month's Competition! Golf can always bring interesting results!

The Treasurer of the Royal British Club, John Duggan, who is also a partner of PriceWaterhouseCoopers presented the prizes. Members were very pleased to welcome our Captain, Jimmy Gray and his wife Maureen and I wished him all the best for his on-going treatment.

Our next meeting will be the Captain's Baffy on December 9th followed by dinner at the Hotel Inglaterra, Estoril.

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Christmas arrives early at Thomas Greens

Thomas Greens, Best of British Supermarket, in Olhos de Água have just received their Christmas Confectionery stocks, Speciality Groceries, Christmas Cards, Christmas Crackers and Gift Wrap items.

Amongst the Christmas stock received are the all time favourites such as Mr. Kiplings Mince Pies, Walkers Luxury Miniature Mincemeat Tarts, Christmas Cakes, Puddings and Brandy Snaps. In the savoury range there are Twiglets, Cheeselets, Cheese Footballs, Cheese biscuits, and several other snacks.

Other favourites just arrived are Elmlea range of creams, Cherry Bakewells, Battenberg, Cadbury Yule Log, Humous, Taramasalata and Coleslaw.

For those who prefer to do their own cooking and baking, as always, Thomas Greens has flours, spices, dried fruit, mincemeats and suet.

Not forgetting the alcoholic side of the festive season, Thomas Greens has a selection of beers, ales and ciders, as well as their usual all year round range of great British soft drinks like Irn Bru, Vimto, Ginger Beer, Tizer and Dandelion and Burdock.

Thomas Greens has a range of paper goods like traditional Christmas Crackers at various price levels and an excellent range of boxed cards and family cards to suit all pockets.

Christmas is a time for Chocolate and Sweets, so stocks include Quality Street, Roses, Heroes and of course, Liquorice Allsorts.

Thomas Greens was started by Robin and Manuela Buszard over two years ago, after reading about this franchise opportunity in the UK press.

Albufeira area was chosen because of its high proportion of British tourists and residents.



Neither Robin nor Manuela had been involved in the grocery trade before, but they wished to live in Portugal for many years, and starting their own business seemed to be the best of both worlds.

Manuela was born in Mozambique and is a trained Accounts Technician and Robin hails from Oldham, Lancashire and is an Engineer.

Their philosophy is to put great emphasis on running a clean and tidy operation, with customer service always important in their friendly approach to customers, and competitive pricing on all products, especially when using the Thomas Greens Loyalty Card. Prices are adjusted to reflect exchange rates fluctuations whenever a shipment is received from the U.K.

The shop fast became a focus point for the expats in the Olhos de Água area, where people often just drop in for a chat.

Thomas Greens does free of charge deliveries in the Albufeira area for orders over €30 and in the New Year they expect to start a full on-line shopping service.

Thomas Greens will be closed only on Christmas Day, Boxing Day and New Year's Day.

The Apartment Service

The Apartment Service is the largest European booking agent for fully furnished and serviced apartments worldwide for stays of one night or more. The Apartment Service was founded in 1981.

We also operate our own brand of serviced apartments, Roomspace Serviced Apartments in London and throughout the South-East of England.

Two years ago we opened our first location outside the UK, in Lisbon, followed a year later by a second location. Recently we have opened our first serviced apartment block in Madrid, Apartamentos Sandoval.

Santos River Apartments and Lapa Apartments offer fully furnished and equipped accommodation for stays of one week or more in fantastic locations in the Portuguese capital. Ideal for when you have family or friends coming over and you don't really have the space in your own home.

The Apartment Service is the specialist agency in catering for short term

accommodation away from home, when you do not want to lose the comforts of home your own home.

Serviced apartments offer many benefits over stays in a traditional hotel. They offer more privacy, more freedom, more space and above all a saving of up to 30%, especially when staying for 7 nights or more. And with your own fully furnished and equipped kitchen you have the possibility to cook at home, instead of having to eat in expensive restaurants.

Offering short term serviced accommodation to expatriates is one of our specialities and The Apartment Service is really providing a one stop service, catering for any length of stay for any budget.

We have recently launched our new website, with online booking facilities, so it is very easy to find and book the apartment of your choice.

The Apartment Service is looking forward to assisting you with your short term accommodation in a serviced apartment, whatever the length of stay.

Griffin Bookshop - the book connoisseurs

Having opened in 1994, the Griffin bookshop in Almancil is a haven for avid readers looking for the latest bestsellers and quality reading material. It is also the best local expert on Portugal and stocks the widest selection of books on the country's history, useful facts, what to do when visiting, its culture and other interesting facets of Portuguese

conciliate her favourite hobby with business, and, when the Professor moved back to the United States, she became the caretaker of the business. Over the time, Linda managed to increase the company in size and status. What was initially a tiny space dealing in used foreign books and only a handful of recent ones is now a thriving business that has all the lat-



life. A wide variety of the latest titles, for both children and adults, in several languages are also in stock and the knowledgeable and friendly staff are always at hand for help and suggestions. With a welcoming environment to peacefully read your latest acquisition, adorned with comfy sofas and armchairs, the Griffin Bookshop also has a children's section to keep them entertained whilst you immerse yourself in reading.

Located in Almancil, the Griffin Bookshop was established when Linda and an American Professor noticed a huge lack of foreign books in the Algarve fifteen years ago. Having always been a bookworm herself, Linda was able to

est books and bestsellers in English, German, Dutch, French, Italian, Spanish and Russian available.

Griffin Bookshop also offers a regular client discount scheme, gift vouchers, used book part-exchange in several languages, out of print book finding, a world-wide gift sending service, a vast selection of greeting cards, free monthly deliveries to Lagoa and a monthly Bookfair in Praia da Luz.

So whether it be for an indulging afternoon, relaxing and browsing in the shop, or a quick pop-in to order a book or two (also possible by e-mail), the team are always ready to receive you with a warm smile and friendly conversation, and the best books in the Algarve.

Tyres-R-Us mechanics and upholstery



After working as a fully qualified mechanic in the UK for 12 years, Matthew Sidwell moved to the Algarve eight years ago and established Tyres-R-Us at the beginning of 2006.

Tyres-R-Us is based on a drive-in garage and mechanics service where clients can drop their vehicle off anytime, without an appointment. Whenever possible, repairs and services will be done while the client waits.

Services and products available include wheel alignment, tyres, brakes, shock absorbers, batteries, servicing and general repairs, as well as pre-MOT check-ups.

The large, modern garage is located in the Odiáxere industrial park, near Lagos, easy to find and with ample parking.

At around the same time that Matthew moved to Portugal, fellow ex-pat, Romanian Cosmin Deac, also arrived in Portugal and set up his own upholstery business.

Cosmin studied and worked as a dress-maker before turning his talents to upholstery and soft furnishings, and joined forces with Matthew in 2006.

Their unlikely partnership blossomed and Cosmin now works from his own studio above the Tyres-R-Us garage.

As well as collecting and delivering the furniture that is to be upholstered, Cosmin offers an average three-day service on basic sofas.

Other services include made-to-measure awnings, canvases, Jacuzzi covers, blinds, and all fabric items.

THIS WEEK'S PROFILES



Thomas Greens

Thomas Green's, in Olhos de Água, is located near the Municipal Market and is open Mon-Fri 10am-7pm and Saturdays and Bank Holidays from 10am till 5pm.

For more information please check their website

www.thomasgreen.pt, email

albufeira@thomasgreen.pt or call 289 541 119 or 93 726 13 58.



Griffin Bookshop

For more information please contact: Griffin Bookshop, tel: 289 393904 / 91 8681984, fax: 289 399632, or e-mail: griffinbookshop@sapo.pt.



Tyres-R-Us

For more information or a quote, call Tyres-R-Us on 282 799 263, 282 761 677, or Cosmin on mobile: 918 526 950.



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If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

Say cheese

Parmesan custards

(Serves 8)

300 ml single cream
300 ml whole milk
100 g Parmesan, finely grated
4 egg yolks
Cayenne pepper
12 anchovy fillets
50 g unsalted butter
8 very thin slices of pain de campagne
Sea salt and finely ground white pepper
8 x 80-ml ramekins or ovenproof dishes, buttered



Mix the cream, milk and all but one tablespoon of the Parmesan in a heatproof bowl, place it over a saucepan of boiling water and warm it gently until the Parmesan has melted. Remove the bowl from on top of the pan and leave to cool completely.

Preheat the oven to 150C/300F/Gas 2.

Whisk the egg yolks, a pinch of salt, a pinch of white pepper and a little cayenne pepper into the cool cream mixture, then pour into the prepared ramekins. Place the ramekins in an ovenproof dish in the oven, then pour boiling water from the kettle into the dish to reach halfway up the ramekins. Cover the whole dish with a sheet of but-

tered greaseproof paper and bake in the preheated oven for 15 minutes or until the custards have just set. Remove from the oven and turn on the grill.

Mash the anchovies and butter to make a smooth paste and spread over four of the slices of bread. Cover with the remaining bread and toast in a sandwich maker or panini machine. Sprinkle the remaining Parmesan over the warm custards and brown gently under the hot grill. Cut the toasted anchovy sandwiches into fingers and serve alongside the custards.

What to drink: Champagne is a great pairing with Parmesan but you could serve any similar dry sparkling wine.

At this time of year you need to start thinking about your Christmas cheese board. Lucy Corry shows where to start and what to serve with you fromage?



Stilton and steak winter salad with onions and rocket

(Serves 2)

Stilton
250g lean steak, trimmed of any fat
Extra virgin olive oil
1 onion, thinly sliced
About 1 tbsp balsamic vinegar
75g cherry tomatoes
55g rocket
60g Stilton, rind removed
Sea salt and freshly ground black pepper

Lay the steak on a sheet of greaseproof paper on a chopping board, cover with another sheet of greaseproof paper and beat out with a meat mallet or rolling pin. Rub a little olive oil into both sides of the steak and season lightly with salt and pepper. Heat a ridged griddle pan until almost smoking, then lay the steak in the pan and cook for one minute. Turn and cook for one minute on the other side, then transfer from the pan to a plate.

Turn down the heat under the pan slightly, smear a little oil over the onion slices and place them in a single layer in the pan. Cook for a couple of minutes until beginning to turn dark brown, then carefully turn and cook the other side. Set aside on another plate and drizzle over a

little of the balsamic vinegar.

Finally, tip the cherry tomatoes into the pan with a little extra oil, if necessary, and roll them around until the skins begin to burst.

Cut the steak into fine slices with a sharp knife. Divide the rocket between two plates, top with the onions and arrange the tomatoes round the plate. Scatter over the steak slices and crumble over the Stilton. Trickle over a little extra oil and balsamic vinegar and season with pepper. This salad is good with a crusty baguette, warm ciabatta or a baked potato.

What to drink: You might be surprised, given that red wine and blue cheese aren't generally the most accommodating of partners, but a fruity Cabernet Sauvignon will go well with this.

Lemon and blueberry upside-down cheesecakes

(Serves 4-6)

110g digestive biscuits
55g butter
1 tsp ground cinnamon
250g mascarpone
3-4 tbsp homemade or good-quality shop-bought lemon curd
2-3 tbsp semi-skimmed milk
2-3 tsp freshly squeezed lemon juice, strained
250g fresh or frozen blueberries
A baking tin
4-6 small tumblers

Preheat the oven to 190C/375F/Gas 5.

Put the biscuits in a plastic bag and crush with a rolling pin until you have even-sized crumbs. (You can do this in a food processor but it tends to make them a bit fine and powdery.) Melt the butter in a small saucepan, stir in the cinnamon, cook for a few seconds, then stir in the biscuit crumbs until they have absorbed all the butter. Tip into the baking tin and bake in the preheated oven for five minutes until the crumbs are crisp. Set aside to cool.

Tip the mascarpone into a bowl and mix in the lemon curd with a wooden spoon until smooth. (Don't use an electric beater - it will make the mixture seize up and become too buttery.) Add the milk to give a softer, more spoonable consist-

ency and a little lemon juice to adjust the sweetness.

Divide the blueberries between the tumblers. Spoon over the mascarpone mixture and top with the biscuit crumbs. Cover the glasses with clingfilm and refrigerate for an hour or so. (The bases can be made further in advance but don't add the crumble topping too far ahead otherwise it will go soggy.)

You can vary this idea with other curds and fruits. A raspberry curd and mascarpone mixture, for example, would be delicious with fresh raspberries underneath; a lime curd with chopped kiwi fruit; or an orange curd with mandarin oranges.

What to drink: Riesling would go well with this.





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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 5 Dec 2009

PROPERTY OF THE WEEK

An unusual find in Vilamoura



Much more than an apartment but not quite a fully-grown townhouse, this week's 'Property of the Week' is a single-story split-level dwelling with gardens to the front and back, an enclosed communal pool, and loads of potential to expand.

Located between Vilamoura's exclusive Hilton Hotel and Brown's leisure centre, this week's featured property makes up a private neighbourhood of forty-something town-houses and apartments that all enjoy the same traditional Algarvean, slightly cubic, architectural style. The manicured cul-de-sac also overlooks the renowned 'Old Course' golf greens, to which it is within walking distance. There is plentiful private parking so that even in summer residents always find a space near their homes.

This property has one-bed-

room but boasts several options to be converted into a two-bed.

Through a little gated entry area and, subsequently, the front door, one enters the property which is light, airy and has traditional polished terracotta floor tiles.

To the right there is a spacious bedroom that has fitted wardrobes and patio doors that open out onto the front lawn.

Adjacent to this is a colourful bathroom that has separate wash-basin / toilet, bathtub and shower areas.

Down a few polished wood steps to the lower split level and

to the right there is a large larder/store room. To the left is a good size kitchen, which in one end has a 'waiter's window' that opens into the lounge and at the other end has a separate storage room that has been made from an enclosed terrace area.

Straight ahead from the stairs are the self-contained living/dining areas, also of generous sizes and both of which have patio doors leading onto a large garden and terrace.

There is a brick-built barbecue on the patio, and to the bottom



of the garden there is a gate that leads onto a pretty, rural woodland area dotted with fragrant pine trees.

This property is located in an excellent part of the region, offers space and room to grow, and is on the market at the very competitive price of €160,000.

For more information, call VendaVilla/Vilagente estate agent on: (+351) 289 315 333, fax: 289 315 578, mobile: 918 788 375, email: vilagente@mail.telepac.pt, or see the website: www.vendavilla.com.



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Vilamoura

Small attached villa, located in a private condominium composed of 1 bedroom, 1 bathroom, lounge w/dining area, kitchen, storage & terraces. Private garden & barbecue. Furnished & equipped. Communal sw. pool & garden area. Plot area - 181 sq.m. Constr. area - 68 sq. m.
Ref: V12639 Price: € 160,000



Boliqueime

Plot of land with project approved for a villa with a approximate 230 square metres. of construction area. Plot area - 630 square metres. Good access. Sea and country view.
Ref: L44845 Price: € 165,000



Boliqueime

Country villa composed of three bedrooms, two bathrooms, lounge with dining area and fireplace, equipped kitchen and various terraces. Roof terrace, swimming pool and garden. Plot area - 2,200 square metres.
Ref: V12585 Price: € 450,000



Vilamoura

Beautiful attached villa composed of 3 bedrooms, 2 bathrooms, lounge with fireplace, dining room, equipped kitchen and laundry room. Carport, barbecue and garage in the basement. Salted water swimming pool and garden. Plot area - 480 square metres.
Ref: V12652 Price: € 645,000



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Santa Bárbara de Nexe

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Help halt wildlife's decline



More gardeners are creating wild areas to attract bees, butterflies, hedgehogs and birds - yet some wildlife is still in decline.

Sightings of frogs, toads and hedgehogs are down compared with this time last year. "Hedgehogs are in decline for many reasons, although little is known about why," says Fay Vass of the British Hedgehog Preservation Society.

Overzealous fencing prevents the creatures moving between gardens looking for food, while decking also limits foraging opportunities. If you want to attract hedgehogs, go for flowering hedges as a screening which provides flowers and fruits for wildlife and cover for the animals.

Creating a wood pile should

encourage them to build a nest underneath. Compost heaps also attract hedgehogs, which not only nest there but also feed off the insects that congregate.

Allow nettles and weeds to take over a corner of your garden, which will provide privacy for small creatures. Having nesting boxes for hedgehogs, birds and bats might also encourage these creatures into your garden.

One-third of ponds are thought to have disappeared in the last 50 years, according to the charity Amphibian and Reptile Conservation. This has had an enormous impact on wildlife,

particularly amphibians.

If you don't have a pond, think about installing one, even if it's just a small pond or bog garden. An area of water attracts a multitude of creatures including frogs, toads, newts, diving beetles, water scorpions and thirsty hedgehogs.

Choose an area away from trees, especially sycamore. One side of the pond should gradually slope to allow hedgehogs and other small wildlife an exit.

In the UK the Department for Transport are planning to erect 'Toads on the Road' signs in some areas from January to prevent deaths of those migrating earlier in the year to spawn.

It is not all bad news, however. Bee, moth and butterfly populations are showing signs of recovery. Numbers of rare butterfly species, such as the heath fritillary, marsh fritillary and the silver-studded blue, are up in the UK.

While native red squirrels are still confined to certain parts of Britain, they seem to be

recolonising in the north of England, according to Save Our Squirrels, and some are showing signs of immunity to the squirrel pox.

To encourage moths, grow nectar-rich tobacco plants and red campion, and night-scented plants such as evening primrose, honeysuckle and stocks.

The BBC's Gardeners' World programme editor Adam Pasco says some birds, insects and animals simply pass through the 'green corridors' that gardens create, linking natural sites around local areas.

"However, with a little understanding of the needs of wildlife we can create environments to encourage it to actually take up residence in our gardens," he says. "Planting hedges and borders of shrubs will provide shelter and nesting sites for birds, and fruits and berries provide food, while log piles and areas left wild give creatures somewhere to hi-



Having nesting boxes for hedgehogs, birds and bats might encourage these creatures into your garden.

bernate. Water is also essential, from ponds where frogs, toads, newts, dragonflies and more can live, to a simple bird bath for drinking and preening."

Hannah Stephenson



A frog in a garden pond.

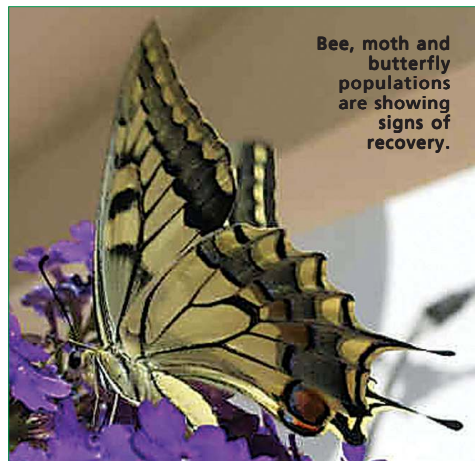
From plot to plate

Pumpkins

Pumpkins make great soups and pies, and are really not difficult to grow.

These huge orange veg need a long, hot growing season to fully ripen, and are best planted in fertile, moist soil in the sun. Sow seeds indoors in March and plant out when all risk of frost (in northern Portugal) has passed, protecting the young plants with cloches if necessary. Give the plants some liquid fertiliser every two weeks and water during particularly hot or dry spells. They make a good strong root system so, once established, they are not as thirsty as courgettes.

When growing large cultivars, remove the growing tip when three fruits have set, giving them



Bee, moth and butterfly populations are showing signs of recovery.

a better chance of ripening. If you only want one giant pumpkin, just leave one fruit on each plant. Put a layer of straw or a board under the fruits to keep them clean, and let them ripen on the ground until they sound hollow when tapped.

Good varieties include 'Triple Treat', which is round and orange with tasty flesh, and 'Becky', a medium-sized variety ideal for carving. If pumpkins are fully ripened, they should develop a hard skin which will help it last in storage for months.



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APAA Christmas Fair

The number of stalls at the APAA Christmas Fair to be held on Saturday 5 December, grows daily.

The Fair will be held in the beautiful grounds of Optimum Outdoor Solutions, Alcantarilha (on the EN 125, just down the road from Aqualand) and will run from 10am until 2pm.

You will be able to buy all your Christmas gifts, from glass-beaded straps for your evening gowns to toys and books for your children. There will be lovely jewellery and art plus Christmas cards, candles and decorations. Sandra Croft from The Lemon Tree will be there with her beautiful soaps and lotions and Jackie Drew, the Avon lady, will bring all her make-up and perfumes so you will be able to purchase special gifts for your special ladies. Castelo do Sonhos will sell a

variety of items such as second-hand books, bric-a-brac and jewellery as will the three animal charities, The Donkey Sanctuary, ACCT from Aljezur and APAA.

For the foodies among you there will be Borley's pies, Wendy's Cheese & Pickles, Susan's Smoked Salmon and Paul's homemade Cranberry Sauce, plus complimentary mulled wine and mince pies from APAA.

APAA will run a "Treat a dog or cat to Christmas Lunch" stall and you are asked to bring a donation of food for this cause. The food collected will be distributed between the three animal charities to feed stray and abandoned animals. Alan Camplin-Smith, APAA's President, says he is sure there will be a very generous response to this plea.

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Double celebration at St. Andrews Church in Lisbon

The annual Carol Service of St. Andrew's Church, Rua da Arriaga 13, Lisbon, will take place on Sunday, 13 December at 11.00 a.m.

After the service there will be a "finger buffet" including mulled wine and Christmas mince pies. It is hoped everyone will be able to attend and bring along some friends to enjoy the warmth and fellowship of this very special time of year.

Another very special event is the ordination / induction service for the Rev. Graham McGeogh the new resident minister of St. Andrew's Church which will take place on Wednesday, 16 December at 7:00 p.m. followed by light refreshments in the Church Hall.

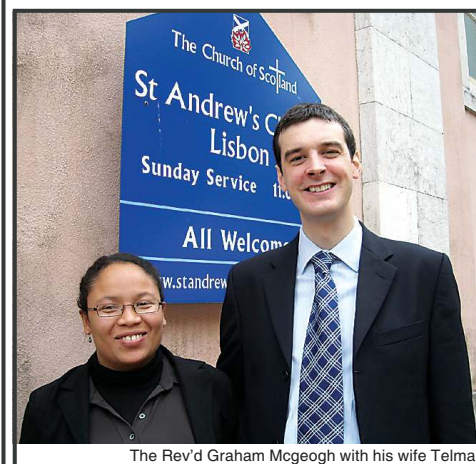
Born in Aberdeen he was educated at Glasgow University then at the Mackenzie Presby-

terian University in Sao Paulo, Brazil and finally, by research, he gained a Master of Theology degree from the University of Edinburgh.

Graham has a wide range of experience: Assistant Minister at Glasgow Cathedral, a volunteer hospital chaplain in Sao Paulo where he also helped found a care home for people living with HIV/AIDS.

In 2008 he ran a workshop at the Church of Scotland National Youth Assembly about the world church.

Through the Scottish Churches World Exchange Graham spent time as a volunteer working with the Zimbabwe Council of Churches Ecumenical and Resource Training Centre in Harare. www.standrewslisbon.com.sapo.pt



The Rev'd Graham McGeogh with his wife Telma

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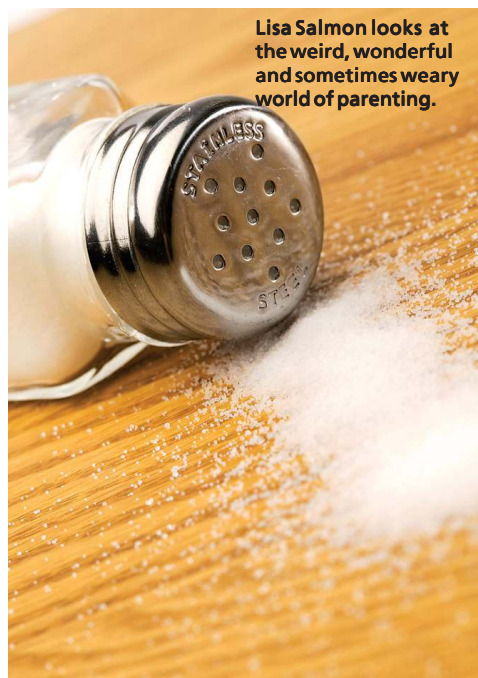
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Are you ready to cut your kids' salt intake?



Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

When you're a busy mum getting dinner for the kids, it's all too easy to bung a ready meal in the microwave to save a few precious minutes. Or even easier, ring for a takeaway.

But new research has found that one in six under-18s eat a ready meal or takeaway every day.

On average, they have three or more such meals a week, and that's creating a ticking time-bomb of salt in their young bodies.

Eating a high level of salt, combined with too little exercise, increases blood pressure and puts people at risk of heart disease or strokes.

And although such health problems are generally complaints of later life, a high salt intake as a youngster can be a contributing cause.

Official advice is that one to three-year-olds should eat no more than 2g of salt a day, with a 3g limit for 4-6s, and 5g for 7-10s. Children over 11 and adults can safely eat up to 6g a day.

Joe Korner, spokesperson for The Stroke Association, which conducted the poll with Siemens, says teenagers need to break the high salt habit early.

"It's a lifetime of eating lots of salt that contributes to high blood pressure and strokes in later years," he warns.

Many people don't realise that salt is hidden in foodstuffs where you just don't expect it - for example, more than a third of the salt we eat comes from cereal and grain products such as bread.

"You can appeal to teenagers by telling them it's a bit like a con - you have your bowl of cereal and don't realise there's as much salt in it as there is in a pack of crisps, for example," Korner says.

"Kids know a packet of crisps isn't very healthy, but the truth is that some bowls of cereal aren't necessarily as healthy as they sound."

Both white and brown breads, and cereals such as bran flakes, cornflakes and fruit and fibre may have added salt, depending on the brand. Some cereals, like porridge and Shredded Wheat, don't have added salt.

Korner suggests that parents ask kids to be the "health con-

science" of the family, and get them to take responsibility for reading labels on food.

It seems that some teenagers are already doing this, as the poll found that 21% of the under-18s surveyed looked at the salt content of foods before buying, compared to the adult average of less than 10% who looked.

However, knowing that there's plenty of salt in a particular food doesn't seem to make teenagers avoid it.

"When you're a teenager, you feel as if you're immortal, and you can do all these unhealthy things now and it doesn't have an effect," says Korner.

"But the truth is that they do need to think about what the implications of their lifestyle will be for their future life."

Not only do teenagers eat a plethora of ready meals and takeaways, but 78% of the under-18s surveyed regularly add more salt to their food during cooking or eating.

This, coupled with the fact that 84% of young people exercise fewer than five times per week, means they're storing up health problems.

Nutritionist Katharine Jenner, campaign manager for Consensus Action on Salt and Health (CASH), says that while most people realise salt can be bad for their health, they just don't do anything about it.

"Young people feel like it's not relevant to them, but what they don't realise is that blood pressure starts to increase early in life," she warns.

Jenner points out that heart attacks and strokes can occur at a very young age, especially when obesity and diabetes are also involved.

But while such health trouble is still unlikely in young people, she stresses that the onus is on parents to tackle their children's salt intake now.

She advises parents who still want to buy ready meals to opt for low-salt versions, but says that such meals aren't as high in salt as they used to be.

"It tends to be things like bread and cereals that are big contributors of salt in diets," she says.

"While some children might have a takeaway every day, they could also have a daily bowl of cereal, which might have added salt."

Ask the expert



Q: "What exactly is 'tough love', and why is it best to use it on my four-year-old instead of using strict discipline?"

A: Jen Lexmond is the principal author of Building Character, the recent parenting report by independent think tank Demos.

She says: "There are two elements to tough love: warmth and control."

"Confident, secure and capable kids need both from their parents. Warm, responsive parenting cultivates individuality, assertiveness and emotional regulation in kids. Control captures a parent's ability to set boundaries and limits for children and to enforce them consistently."

"It's this consistent discipline that helps kids learn to defer gratification and to apply themselves: if you eat all your spinach, then you can have pudding; if you put all your

toys away, you can watch TV before bed, etc."

"Our recent research found that a 'tough love' approach was most successful in developing key character capabilities in kids: empathy, application, and self-regulation."

"On the other hand, parenting that focuses entirely on strict discipline and that lacks warmth and responsiveness can be very damaging for children."

"Our research found that this type of parenting (we called it 'authoritarian') produced lower than average outcomes for children."

"This is because warmth and love, particularly in the early years, is so vital to building trust, confidence and resilience in kids."



A teenager eating takeaway French fries.

The key is for parents to be aware of what children are eating throughout the day, and not just at dinner time.

"Salt is an acquired taste, and if parents are always putting it in your food you'll become used to

its flavour and be predisposed to eat it," Jenner says.

"It's very important that parents take control of their children's diet. If they cut back on salt really slowly, kids won't notice the reduction at all."

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Modern day woman's Christmas wish lists are pushing the beauty boundaries.

Lisa Haynes gives tip on how to spoil your special someone this Christmas with a beauty stocking filler.

More than a third of people would happily give a cosmetic treatment for a gift and 54% would love to receive one, according to a recent survey by www.thegoodsurgeonguide.co.uk.

But if you prefer to pop a traditional present under the tree minus the nip tuck - look no further than our Christmas beauty bonanza to put a smile on your recipient's face.

Time to deck the halls (and dressing tables) with beauty goodies.

The cosmetics junkie

She's one step ahead of this season's make-up trends, has smokey eye shading techniques down to a fine art, and always looks like she's just stepped out of a L'Oreal ad. Make your cosmetics gift the star performer in her beauty kit.

The spa addict

Her idea of bliss is booking into a health spa to while away the hours with a non-stop timetable of manis, pedis, massages and steam rooms. Equip her with the get-gorgeous goodies to

set up an at-home spa - and don't forget the 'do not disturb' sign for the bathroom.

The designer diva

Forget anonymous brands, this little lady only does designer, darling. Think high fashion and super-luxe products so she can turn her bathroom cabinet and dressing room table into a catwalk-style display of products.

The pampered princess

This is one woman who doesn't know the meaning of dry skin. Her extensive maintenance



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routines ensure her skin is always super-soft and smelling sweet. Indulge her non-stop penchant for pampering with luxurious bathroom beauties.

The Mr Vain

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Make him the man of the moment on Christmas morning with plush products he'll be proud to display on his side of the bathroom shelf.

Beauty bulletin

Chemical reaction

The average British woman spritzes, sprays, and slathers on more than 500 chemicals every day. A standard beauty regime can result in a woman carrying a staggering 515 chemicals on her body, according to a new survey by Bionsen deodorants. More than a third of women were unaware of the key ingredients in their toiletries, with just 9% being in the know. Health and beauty retailer Holland & Barrett have recently announced they are banning any beauty products containing chemical parabens and Sodium Lauryl Sulphate (SLS). Visit www.hollandandbarrett.com

Stateside shopping

If you haven't had the chance to jet over to Bloomingdales or Macy's for transatlantic Christmas shopping, check out the next best thing to New York. US-Unlocked is the savvy girl's answer to shopping in America where you can shop for your favourite U.S. beauty brands and have them delivered to your doorstep. For best offers or to bag products unavailable in the UK click and shop at www.usunlocked.com

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Lucky to have your

Some of the world's greatest discoveries in health, like X-ray and penicillin, were discovered only as a result of serendipity. So just what role does chance play in determining the future of healthcare? Two scientists give their point of view.

It just didn't make sense. The samples sent to the lab should have come back inactive and stable, and yet here they were attack-

ing the virus they'd done nothing to so many times before.

When Chris McGuigan, Professor of Medicinal Chemistry at

Cardiff University in the UK, was researching anti-HIV drugs, he'd stumbled across a new family of compounds that attack the VZV virus, directly responsible for shingles, which affects some 2 million people in developed countries every year.

McGuigan's discovery might have seemed little more than a fluke. But however exact one might consider their profession, scientists can depend just as much on the 'happy accidents' that occur in their labs as they can on the formulas they've painstakingly drawn up and followed to a T.

From penicillin to X-ray, Pae-makers to Viagra, some of the world's greatest advances in medicine have been the result of such serendipity - be it a mistake made in a test tube or the misreading of a note left in a lab.

It may not be credited as such in official journals, but serendipity plays such an integral role in medicine even today that some scientists swear they couldn't do their job without it.

You can thank 'happy accidents' for being able to see just where you broke your wrist



A culture.

(thanks to an X-ray), or for treatment for testicular cancer (a stroke of luck in the lab). Such serendipitous stumbles are now also being commemorated through a new government Science: [So what? So everything] campaign, aimed at reminding us of all the lucky discoveries we

take for granted in our daily lives.

A brief history of medicine

Some \$80 billion is spent worldwide each year developing new medicines, according to the Pharmaceutical Industry Association of America, yet the money-to-drug breakthrough rate is extremely low. Despite massive advances in technology, science and genomics, only 20 new medicines emerge every year - with the average taking around 17 years to go from test tube to pharmacy shelf.

To increase such appalling odds, scientists tend to rely on a process called 'rational design', which uses modern chemistry and molecular graphics to identify - and then impede - particular enzymes or targets in a virus or dis-

ease.

"Rational design essentially gives us a better chance of success, rather than doing things randomly," explains McGuigan, having used such a method to treat diseases such as hepatitis B and C, herpes, cancer and osteoarthritis. "Even if you target an enzyme, statistically the chances of getting a drug out of it are one in a million."

In a world where cures are hard to come by using even the most advanced scientific techniques, serendipity "can often seem like chance, as though you're as lucky as a lottery winner" to make a breakthrough, says McGuigan.

"But it plays a very significant role and is well known in many [scientific] fields."

Sweet discoveries

"That's just the nature of blue-sky science: you don't know quite where it's going but then Bam! There's a great breakthrough," says Dr Alison Campbell of King's College London, home itself to the serendipitous discovery of sucralose - otherwise known as Splenda - in 1976.

The non-caloric natural sweetener was 'discovered' after the simple misreading of an instruction, which called for lab staff to test a sugar compound.

"One assistant misread 'test' for 'taste' and found that it was incredibly sweet," explains Dr Campbell. "After looking at the derivatives of sugar, they found that the compound was much stronger than traditional sugar, but just as effective and safe."

Sucralose is some 600 times sweeter than table sugar, twice as sweet as saccharine and three times sweeter than aspartame. Because it doesn't cause tooth decay or have any calories, unlike normal sugar, it has been heralded as a Godsend by many with a sweet tooth.

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health

Such a discovery might seem the luck of the draw (not to mention a deviation from health and safety regulations), but there could actually be a method behind the supposed madness, says McGuigan.

"[French scientist] Louis Pasteur once said that chance favours the prepared - or informed - mind," he explains. "Had someone stumbled upon this 'oddy' in the past and not been tenacious enough to pursue it, it would have been lost."

What are the chances?

Just how much modern medicine owes to serendipity is unknown, although some, such as

McGuigan, are convinced that it is far more common than we think.

"Whether it's responsible for 10% or 50% of all breakthroughs, I don't know," he says. "But I'm certain serendipity is frequently hidden, as it's almost unknown to be addressed as 'serendipity' in scientific journals."

In the same way that it might favour a 'prepared mind', however, so too might serendipity prefer good timing.

"We've always needed a cure for shingles, for example, but this came along when we could find it, observe it and exploit it," explains McGuigan. "There must be occasions when a 'cure' happens



A scientist experimenting.



Chris McGuigan, Professor of Medicinal Chemistry at Cardiff University.

at the wrong time in the wrong lab, where there's no funding and it's not pursued."

Ironically, that was very nearly the fate of Cardiff University's shingles breakthrough as well.

"It took us four years to get funding, because all the big companies said it just wasn't a big enough deal - shingles isn't chronic nor is it a killer," admits McGuigan, whose shingles drug, Inhibitex, is 10,000 times stronger than the current treatment and has now finally entered clinical trials.

"Every week the uni said we should abandon it, and I ended up funding it myself to carry it through. It just shows you how easily we could have lost it."

It might not have been the cure for HIV that he was initially researching, but it's a scientific breakthrough that McGuigan - and, perhaps, the rest of the world

- won't soon forget.

"My inbox is swamped with mail from shingles sufferers saying life is not bearable, their pain is so bad," he says. "If I can go down as being the inventor of a drug that improves the life of 2 million people a year, I will be the happiest man on Earth."

Some other 'serendipitous' discoveries:

:: Penicillin

British scientist Alexander Fleming returned from holiday in 1928 to discover his scientific cultures covered in mould. Noting that the mould had actually inhibited bacterial growth in some of the dishes, he was able to isolate a particular extract, and penicillin was born.

:: X-ray

Whilst investigating cathodic ray tubes, German physicist Wilhelm Roentgen noted that the invisible rays had caused a fluo-

rescent, see-through effect. His discovery enabled scientists to see inside the human body without the need for surgery for the first time - a feat for which he won the first-ever Nobel Prize in 1901.

:: Pacemakers

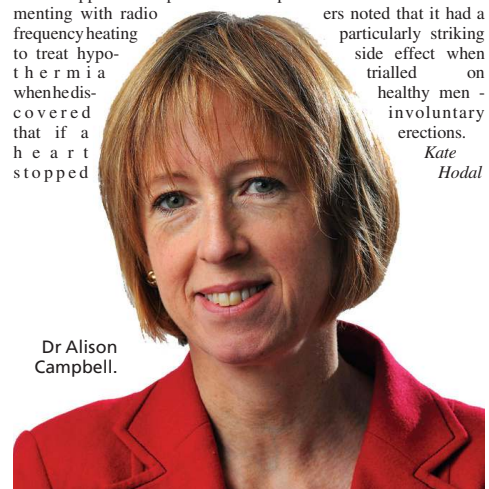
Canadian electrical engineer John Hopps was experimenting with radio frequency heating to treat hypertension when he discovered that if a heart stopped

beating due to cooling, it could be started again using a mechanical or electrical stimulus. He invented the first cardiac pacemaker in 1950.

:: Viagra

Perhaps serendipity's best-known 'discovery' to date, Viagra was being trialled for hypertension until UK researchers noted that it had a particularly striking side effect when trialled on healthy men - involuntary erections.

Kate Hodal



Dr Alison Campbell.

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Comments to the 'Events Page'

I have to bring to your attention two things in your column 'Events':

Under Estoril you write that the Coach Museum is there. It is not, it is in Lisboa!

Under Cascais you do not mention the wonderful new museum with Paola Regos paintings, which opened recently. It is really worth a visit, so people should know about it.

I hope that you will correct this. We live in Cascais and read The Portugal News every week. Even if it is obvious that you mostly address foreigners living in the Algarve, we enjoy your paper.

KARELARSSEN, By e-mail

Thank you for drawing our attention to these two oversights, which will be corrected. Ed.

'Game for anything?'

SIR, Read The Portugal News today, fantastic. I used to buy a Daily Mail everyday and now I do not buy any at all. The news, local and worldwide, is quite adequately covered in your publication.

One thing I would wish to ask is, there are some very good articles about different products etc. from time to time, but no mention of how or where they can be bought. For example, the Goodfood article this week on 'Raised Partridge Pie' is most interesting and highly desirable for us, but where can you buy 'game' in this area?

Help would be much appreciated. If you do not know, I think Ron Lavery would, he is 'game' for anything!

G. HARDWICK, Vila Real de S. António

We suggest you first try any large supermarket where you can usually purchase rabbit (coelho), duck (pato), and quail (codorniz). Your local butcher (talho) may also sell these and other types of game (or be able to order them for you). Then try local farmers, or traders at your municipal market. Failing all of these, make friends with a local hunter! Ed.

Response to R. Mitchell-Davidson

SIR, In reply to R. Mitchell-Davidson's reply to the Pat Westheimer's letter, I fully agree with Pat. I have asthma and I do not like being around people that smoke. Secondhand smoke is as harmful to others as those who smoke themselves. As for your knocking the Americans, they're trying to ban smoking in their homes, that will never happen and I am a firm believer in the right to bear arms as allowed by our laws. There is a bigger problem in Britain with all the drunks, mostly young people who go on binge drinking (sprees).

When you came to Portugal I guess the laws were different because now you cannot smoke in any restaurant or bar which is just like England.

[Regarding] your comment about Pat going back to the USA,

or China, you can always leave yourself and go to a country that does not care if you get cancer or that you blow smoke in other peoples faces.

Her ivory tower, as you put it, is what many of us think. If you ever came to my house, which will never happen, you would not be allowed to smoke in my home.

No one says you cannot smoke. Smoke all you want, but do not push it on us or expect us to except it.

If you want to die from smoking, that is fine, and that is up to you, but when you infringe my rights, I totally agree with Pat.

Just remember, every time you light up, you put another nail in your coffin. Have a nice day.

JEAN DANIEL, Monte Estoril

A non-smoking defense for Patricia W.

Some years ago, a couple of friends of ours visiting from abroad, referred to Portugal as a "smokers paradise". I felt sad and revolted but I had to admit they were right, yet asking myself if the majority don't smoke why does this happen? We were very happy with the new European law that forced this country to be more conscientious, by forbidding smoking in most public places.

We would rather have an 'entire smoke-free' environment, but we understand the 'needs' of the smoke addict. Smokers that shout out loud, "You can't forbid me from smoking anywhere, because your car pollutes also!" (yeah right, like I drive inside a restaurant), or the non-smokers that insist that smoking should be only allowed on the moon's surface... but only until restaurants open there.

Please everybody, be gentle to one-another. There will always be smokers people and ba... not so

good people. So, let's try to respect everyone's needs. If non-smokers have the right not to breathe burned leaves, so have the smokers to pollute their lungs. It's their choice, for as much as it costs me to say this considering some of my big friends already died from smoke-caused cancer.

We are very happy today, that a big step towards a choice was made for smokers and nonsmokers. Respect works both ways. Unfortunately, laws must be made to enforce this respect, otherwise we would continue to inhale Mitchell-Davidson's pleasure. Just remember your comparison of smoking and drinking, if in a closed house I smoke, I am compromising mine and my neighbor's lungs. If I am drinking (too much), I am only hurting my liver.

ART CORREA, Albufeira

What pandemic?

SIR, I see from the article in last week's Portugal News that 16 people have died in Portugal from the A H1N1 'flu virus. However it turns out that the deaths are not directly due to the virus! So if the article is correct no-one has in fact died in Portugal from this flu virus which is said to be likely to reach pandemic proportions.

I have spoken to two doctors about the risks associated with this virus and they have both said that certain people such as pregnant women are at a high risk if they catch the A H1N1 virus but that most people are at a far greater risk from the annual 'flu attack and that it is much more important to ensure that they avail themselves of the injections readily available to everyone. These statements came from doctors in the UK who would be paid extra money for administering the A H1N1 anti-virus. They get no extra money for injecting patients with the 'nor-

mal' anti-virus so it would seem that their opinions should be respected.

I wonder if the pandemic scare has been fuelled by the body which advised the UK government what steps it should take to avert the effect of this virus? It is just coincidental that one of these advisors happens to work for a drug company which would benefit to the tune of millions of pounds if the anti-virus injection was to be ordered... which of course it was! However I'm sure that the advice given by this advisory body would have been completely objective, perhaps!

NORMAN THOMPSON, Guia

Re. John Clare and Gwynne Dyer

SIR, To John Clare: and the world is flat too! The subject of Turkey may be a touchy one in parts of Europe, it must be those who judge the world from the TV News who have reservations about Turkey, they could never have visited there. I have toured the country and find the people and their culture are far more mature and relaxed than some of the E.U. Members. Particularly the more recent ones. I would welcome them with open arms and be happy to have such a civilized country as one of us, especially as a level-headed Muslim bridge to the more radical branch.

PETER MAEYER, Orvalho

Global warming

SIR, I think it outrageous for John Clare (Letters, 28 Nov.) to ask for reporting on global warming to be ended. Even if a university or two is being paid to rig results (and I can't imagine why they should be), it doesn't change the fact that the U.N. Intergovernmental Panel On Climate Change (the world's largest and most reputable peer-reviewed body of climate change scientists) endorses global warming and says the evidence shows the warming is 90% anthropogenic. Climatology is hopelessly complicated and I've read that estimates of future global warming don't even take cloud cover into account. Nevertheless, assuming CO₂ is a greenhouse gas (and I've even seen that denied), it makes sense to tentatively blame its increased concentration in the atmosphere for the melting of ice-caps and glaciers, and possibly for the worsening tropical storms, and the droughts in Africa and Australia. And even if the threat of global warming proves to be exaggerated, at least it's persuading us to change from fossil fuels to renewable energy sources, and on the whole that has to be good.

PHILIP VILLAR, Cascais

Global warming - a scam?

SIR, Regular readers of the Letters page will know that I support John Clare's rejection of the multi-billion dollar Global Warming scam.

A couple of years ago I asked if anyone had wondered why the phrase Global Warming (GW) was gradually being replaced by Climate Change. As is often the case no one replied but in my opinion the shift was brought about because no-nothing politi-

cians and businessmen had finally realised that GW, a rise in temperature everywhere, clearly was not happening. What would fit the bill? Good old Climate Change of course. Why? Because it describes what has been happening since the dawn of time - weather conditions change randomly all the while. You only have to look at the daily weather programmes where trained meteorologists with all the latest equipment can rarely forecast what the conditions will be more than a few days ahead.

So we read constantly of areas being unseasonably hot or cold - of devastating floods - of droughts that are threatening the survival of millions - of severe hurricanes and typhoons. And every now and again Mother Nature adds to the chaos by tossing in a jumbo sized earthquake or two, often followed by a destructive tsunami.

Until Governments are forced to accept that Climate Change is a fact that can be documented from past measurements while GW is only a theory that attempts to predict a desired future occurrence, billions will continue being frittered away on useless research.

JC is also right to suggest that the disgraced scientists (?) at East Anglia University shown to have altered or discarded calculations that do not support their wild theories should be prosecuted. About as likely as those who lied to us about invading Iraq being prosecuted for war crimes I would have thought but we can hope.

RON LAVERY, By e-mail

Christmas trees

SIR, Imagine a number of pictures of decorated fir trees.

They are Christmas trees. They are not Holiday trees. They are not Hannukah bushes. They are not Allah plants.

They are Christmas trees! Yes, CHRISTmas - not Holiday. We are not celebrating the birth of a holiday! We are celebrating the birth of Jesus Christ.

So we would like to say to each and every one of you - have a very merry Christmas and may God bless each and every one of you.

TONY & LOIS HERRINGTON, By e-mail

Thanks from LAPS

SIR, Thank you as always for your wonderful support. The sale for LAPS on 28th and 29th November, despite three charities having their Christmas sale on the same date (and the terrible weather), was a huge success; meeting up with old animal loving friends and making new ones. We could not be more grateful to the Tivoli Hotel Lagos, the general manager and all his staff who not only helped but encouraged us, specially the way they publicised the sale within their own domain. We did not sell tables but with the love for the animals we raised €310 toward the care of our animals.

Many, many thanks to you all. BRIDGET HICKS, LAPS

Letters received too late for this week's edition will be considered for publication in next week's issue.

Portuguese for Beginners

Emília Rosendo

158

THIS LESSON:
Revision exercises.

① Look up the following words in the dictionary. Then read the sentences below and complete the gaps correctly.

atender ⇨ frequentar ⇨ responder ⇨ assistir
ajudar ⇨ pais ⇨ parentes ⇨ países ⇨ actual ⇨ real
⇨ vício ⇨ adição ⇨ crianças ⇨ filhos ⇨ unhas
⇨ pregos ⇨ curso ⇨ certeza ⇨ há ⇨ à ⇨ a
agenda ⇨ diário ⇨ atravessar ⇨ cruzar
tocar ⇨ jogar ⇨ brincar

- Já compraste a _____ para 2010?
- Os peões devem _____ as ruas nas passeadeiras.
- Como se chama o _____ treinador da equipa?
- Estavam a _____ à campanha e eu fui _____.
- Ela tirou um _____ de contabilidade numa escola profissional _____ cerca de três anos e meio.
- No Natal, nós gostamos de enviar postais aos nossos _____ e amigos mais próximos.
- Quantos _____ existem no continente europeu?
- No próximo fim-de-semana, nós vamos _____ a um concerto de Natal na escola dos nossos _____.
- Não pendurei o quadro porque não tinha _____.

- Eles vivem em Portugal _____ dez anos.
- Ele sentou-se no sofá e, depois de _____ os braços e as pernas, adormeceu profundamente.
- Tu também vais _____ o _____ de Italiano?
- Durante a juventude, a Ana escreveu um _____.
- Esta associação tem como principal objectivo _____ animais abandonados e maltratados.
- Por vezes, os _____ fazem perguntas que os seus _____ não conseguem, ou não querem, _____!
- O _____ perigo desta estrada é a condução agressiva e descuidada de alguns condutores.
- O jogo é um _____ tal como o álcool ou o tabaco.
- Ele foi _____ casa buscar um casaco.
- As _____ costumam _____ umas com as outras no parque da cidade. _____ futebol e andar de patins são as suas actividades favoritas.
- A Ana esteve a arranjar e a pintar as _____.
- As luzes estão todas apagadas! Com _____ que não está ninguém em casa.
- Ele foi _____ farmácia para comprar um xarope.
- Qual é mais fácil: a _____ ou a divisão?

Please send your completed exercises, with your name and address, to me: Emília Rosendo at THE NEWS and I will send them back corrected
THE NEWS - Rua Município de S. Domingos, Urb. Lagoa-Sol, Lote 3 - r/c, 8400 - 415 Lagoa. Apartado 13, 8401-901 Lagoa
Tel 282 341100. Fax: 282 341201



SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

3						5	4	
				5		3	2	
		8	3	2				
4				3		1		
	8		9	7	1		5	
	3		8					7
			2		8	1		
	6	2		1				
	1	9					5	

	6	8		1	4		2	
		7	3		1			
	8						6	
					6	9	1	
				1				
	3	6	9					
8						5		
		4			3	7		
2	9	6		4		8		

7	5		9	8				4
								1
4		3						
	7			5	3			
6			3	2				5
		8	1		4			
					6			4
8								
	2			3	6		8	9

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

S	O	C	I	A	L	F	A	L	S	E	T	T	O
U	R	H	B	A	R	B	T	E	N	E	M	Y	
V	E	E	R	E	X	I	L	E	N	G			
I	N	L	E	T	A	O	P	L	A	C	E		
V	Q	S	T	I	N	G	I	N					
A	C	O	Q	I	T	N	O	R	A	L			
L	A	R	A	T	I	O	W	E	F	J			
L	F	L	E	A	E	D	E	F	I	N	E		
A	O	W	O	R	K	S	U	O					
B	A	N	J	O	P	N	C	L	U	M	P		
L	D	B	R	A	V	O	O	M	A				
A	B	A	T	E	Q	B	L	U	B	B	E	R	
Z	N	S	U	G	E	E	D						
E	S	T	E	E	M	E	D						
C	H	E	R	R	Y								

Last weeks solutions:

1	3	4	8	2	5	7	6	9	2	5	6	8	9	4	3	1	7	6	5	7	4	1	9	3	8	2
6	7	9	3	1	4	8	5	2	8	4	3	6	7	1	5	9	2	2	3	8	6	7	5	1	9	4
2	8	5	9	7	6	4	3	1	9	7	1	2	3	5	4	6	8	9	4	1	8	2	3	7	5	6
9	6	8	2	3	1	5	4	7	4	6	8	9	1	7	2	5	3	1	9	6	5	4	2	8	3	7
3	2	1	5	4	7	9	8	6	7	9	2	3	5	8	6	4	1	7	2	3	1	9	8	6	4	5
4	5	7	6	8	9	2	1	3	1	3	5	4	6	2	7	8	9	5	8	4	7	3	6	2	1	9
5	9	3	4	6	2	1	7	8	5	1	9	7	2	6	8	3	4	3	7	2	9	8	4	5	6	1
7	4	6	1	9	8	3	2	5	3	2	4	5	8	9	1	7	6	4	1	5	3	6	7	9	2	8
8	1	2	7	5	3	6	9	4	6	8	7	1	4	3	9	2	5	8	6	9	2	5	1	4	7	3

(Right: Last week's solution)

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

A	19	21	12	2	5	7		8	21	18	16	18	10	13	6	N			
B	18		4		18		11		18		3			13		22	O		
C	10	8	8	12	21		2	24	2	3	2	13	5	7	12		P		
D	9		12		20	1	4		20		1		3		3		Q		
E	10	21	13		12		1	13	11	12	21	26	12	5	11		R		
F	12		20		11		12		2		18		7				S		
G	11	21	12	2	20	10	21	12		25	10	1	11	2	21		T	A	R
H		10		22		13		6		3		20		16			S	T	U
I	2	25	7	2	20	11		1	6	12	13	11	1	16	14		T	U	V
J		19		20		1		13		2			13		1			T	V
K	15	14	11	7	18	3	18	25	14		21		21	10	12			T	W
L	2		21		17		3		2	1	21		18		3			T	X
M	1	15	1	11	2	11	1	18	13		2	22	2	21	6			T	Y
	23		8		8		24		17		11		6		12			T	Z
	12	14	12	3	1	13	12	21		5	12	2	20	12	6			T	

PRIZE CROSSWORD 1039

1	2		3			4			5	6		7
9						10						
11						12						
13		14		15					16		17	
18									19			
20									21			
22						23						

A €10 Algarve Book Cellar token will be awarded to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword N° 1039, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

ACROSS

- Clothing cupboard (8)
- Dull pain (4)
- Paradise (4)
- Scorn (8)
- Guide (5)
- First-rate (3-4)
- Statement (13)
- Wrapper (8)
- Excavates (4)
- Makeshift (7)
- Treated (5)
- Twilight (4)
- Journalist (8)

DOWN

- Accountant (7)
- Underground cell (7)
- Ink-absorber (8-5)
- Make up (7)
- Beg (7)
- Russian plain (6)
- Urged (7)
- Patent (7)
- Compel (6)
- Insanity (7)
- Love-in-a-mist (7)

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

O	A	D	W	Q	E	O	X	A	S	E	S	A	Z	R
R	L	Z	K	P	T	O	L	E	R	A	T	E	H	U
T	N	A	C	I	F	I	N	G	I	S	N	I	L	H
N	E	G	A	R	O	T	S	A	N	I	M	A	L	Q
E	K	C	J	R	P	S	I	L	E	N	C	E	T	J
N	P	H	Q	R	O	D	D	L	E	S	Y	L	T	T
I	R	I	R	I	T	D	F	N	M	T	U	Y	G	O
T	O	C	D	O	N	S	A	T	A	A	T	S	B	O
R	D	K	T	H	E	Q	V	M	S	M	W	E	B	
E	U	E	I	C	M	P	G	R	A	F	M	L	R	U
P	C	N	C	K	U	E	E	A	L	G	C	O	V	J
M	T	J	M	U	C	M	Q	O	W	I	J	H	C	D
I	I	T	E	X	O	C	W	V	H	B	U	L	M	I
A	O	B	R	S	D	E	A	E	R	E	V	O	C	R
K	N	Z	K	L	R	J	V	C	J	Q	V	Y	T	K

COVER, TOLERATE, ANIMAL, DOCUMENT, CHICKEN, PRODUCTION, IMPERTINENT, SOMERSAULT, COMMAND, INSIGNIFICANT, VEHICLE, LETTER, STORAGE, CHOIR, SILENCE, FLOWER, BOOT, AMADORA

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Last weeks solutions

- Across: 1 Deduce; 4 Staple; 9 Instantaneous; 10 Elector; 11 Gauge; 12 Spool; 14 Stack; 18 Niche; 19 Pitfall; 21 Inflexibility; 22 Molest; 23 Meander.
Down: 1 Driver; 2 Disrespectful; 3 Chant; 5 Tonight; 6 Pronunciation; 7 Ensued; 8 Story; 13 Oneness; 15 Infirm; 16 Optic; 17 Player; 20 Tribe.

Last week's winner: Mr Hoyte of Loulé

Last week's solution:



Computer Chronicles

PC Optimization Software

It is important to keep your PC or laptop running at top speed with the help of some sort of PC optimization software. After all, there is only so much you can do manually. But how do you know which computer optimization software is right for you?

Here is a list of things you should look for when you are interested in purchasing software to keep your PC clean and up to speed.

Free trial or try-out. The best way to sell a quality product is to offer a free trial. Product owners know this, and you should be wary of anyone who won't let you take their computer optimization software for a test-spin.

Guarantee. To be honest, pretty much anything you buy online needs to have a guarantee attached with it. Sure, a money-back guarantee isn't an instant sign of quality. But it will let you know that the company hasn't gone broke over sending out a bad product.

Restore point. Every kind of software designed to change Windows settings needs to be able to

save those settings before it changes them. If the program accidentally deletes or modifies something that corrupts the operating system the program should simply restore the settings to the way they were before the changes were made.

Easy to use interface. Unless you are a PC technician, you probably don't want to operate your computer optimization

software by way of entering commands into a text prompt. And while most optimizers aren't overly technical, some are definitely easier to use than others. The whole point of computer optimization software is to make things go faster and smoother with your PC. This isn't likely to happen if the control panel is difficult to operate.

My personal recommendation to those looking to tune up their PC is a great program called TuneUp Utilities 2010 (www.tune-up.com). It does a comprehensive job of cleaning up your PC to make sure it runs faster, more smoothly, and without problems. This suite includes everything from a startup optimizer to a drive defragmenter, from an overall speed optimizer to a Windows Registry cleaner, and more. TuneUp Utilities 2010 adds new tools, such as Turbo Mode, which can offer an instant performance boost by turning off unnecessary background processes.

Features of TuneUp Utilities 2010:

- Supports Windows 7 operating system.
- Runs on both the 32-bit and 64-bit versions of Windows XP, Windows Vista and Windows 7.
- Turbo Mode to disable many unnecessary functions in XP, Vista, and Windows 7 that run in the background and are often hardly needed to harness full power for actively running programs.
- TuneUp Live Optimization to improve response times by preventing background processes from taking up too much of the PC's resources, and accelerate program startup times.
- TuneUp Utilities Gadget to show the system health on the desktop and give direct access to TuneUp Utilities functions (for Vista and Windows 7).
- Completely redesigned TuneUp Utilities Start Center shows system health at a glance and provides direct access to key functions.
- 1-Click Maintenance and Automatic Maintenance.
- Optimize system startup and shutdown.
- Defragment hard disks and registry.
- Remove broken shortcuts.
- Clean registry.
- Free up disk space.
- Display and uninstall programs.
- Fix typical problems.
- Restore deleted data.
- Manage running programs.
- Check hard drive for errors.
- Personalize Windows appearance such as startup and log-on screens.
- Change more than 400 Windows settings.

The program's overall organization and interface is straightforward and all of TuneUp Utilities' considerable features lie within easy reach. Particularly useful is the software's automated maintenance feature, which performs a variety of tune-ups and clean-



ups every three days. You can change the length of the interval times between runs, as well as what maintenance tasks need to be performed.

TuneUp Utilities 2010 includes a number of nice new extras, including speed-boosting Turbo Mode, but please take care when using this feature, and configure it properly. It turns off a number of Windows features; it also makes system changes, such as turning off Windows Aero and synchronization with mobile devices. These might be fine if you're playing a game or working in Photoshop, but it's unlikely that this particular set of tweaks will suit every person at every moment. You can, however, customize what features Turbo Mode turns off. It's worth taking some time to get to know this feature.

Also added to this version of TuneUp Utilities are tweaking features, such as changing the boot screen, logon screen, and startup logo, changing system icons, and more. Given that this program costs €39.95, should you buy it? After all, there are many separate, free utilities that clean your Registry, hard disk, and system, and perform similar tasks to those TuneUp Utilities does. But no free utility, not even the excellent CCleaner, does them all. If you're comfortable with a mix-and-match approach that requires work on your part, you can get by with freebies. But if you're looking for a single do-it-all tool, TuneUp Utilities 2010 is definitely the program for you.

Earlier on I briefly mentioned a program called CCleaner (www.ccleaner.com) and this free little program offers to clean many aspects of your computer, from the Web tracks that you leave in your history to the recent document cache you've left on your computer. The main part of the program rests in the "Cleaner." Here's where you're able to clean out most of your machine's worthless leftovers. The "Cleaner" is actually divided into two separate tabs, the first pertaining to Windows and the second to Applications. You have the ability to clear out the cookies, temporary IE files, recently typed URL's and even getting rid of the auto-complete form history. Any of these can be checked or unchecked depending on what sort of information you want to retain.

Under the Windows Explorer drop-down menu, you're able to select if you want to get rid of or keep any of your recent documents and whatever is in your "Run" menu. Under your "System" drop down you can check

off whether you want your recycle bin emptied, getting rid of your temporary files, erasing the clipboard, clearing memory dumps, cleaning your Chkdsk file fragments as well as Windows log files.

There's an advanced drop down menu but I recommend not touching any of the options unless you know what they pertain to, that means that less advanced users should leave this menu alone.

The "Applications" tab deals mainly with your Internet applications, some multimedia preferences and some utilities. You can leave the default settings.

Aside from the Cleaner, you have a "Registry" menu that takes a look at your Registry Integrity along with your File Integrity. This is where most of the power users will enjoy CCleaner. Its effective technique of singling out what needs to be done is a quick way to ensure a healthy registry.

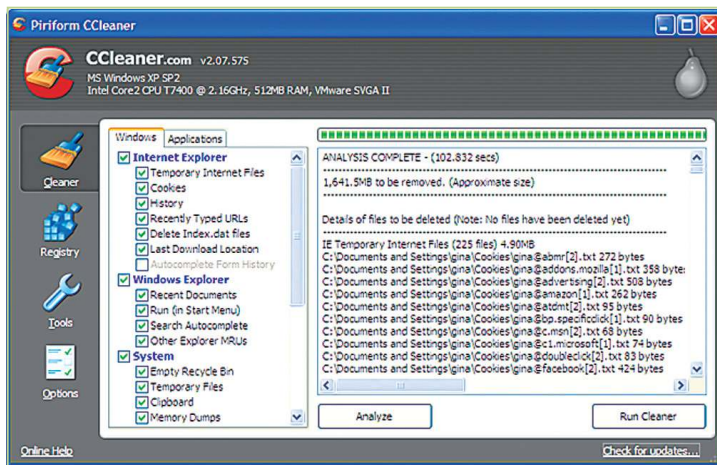
Below the "Registry" menu you get the "Tools" menu. Here's where you can uninstall some of the programs that you have on your PC. If you have an entry that has not been uninstalled correctly by Windows, you can easily just get rid of it within this menu. Under the "Tools" menu you're able to get rid of anything you don't want at Startup.

Finally you have your "Options" menu where you can set some personal settings. Here's where you can select the cookies you want to keep or how to customize CCleaner to be added to your Recycle Bin options.

Overall, I think that CCleaner is one of those programs that people should appreciate, not only because it's free, but because it does an incredible job. It's a must have for people who are active PC users, both offline and online.



Kurt Pardon • I.T. Director
BlueChipIT part of the
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Tel: 707 940 332



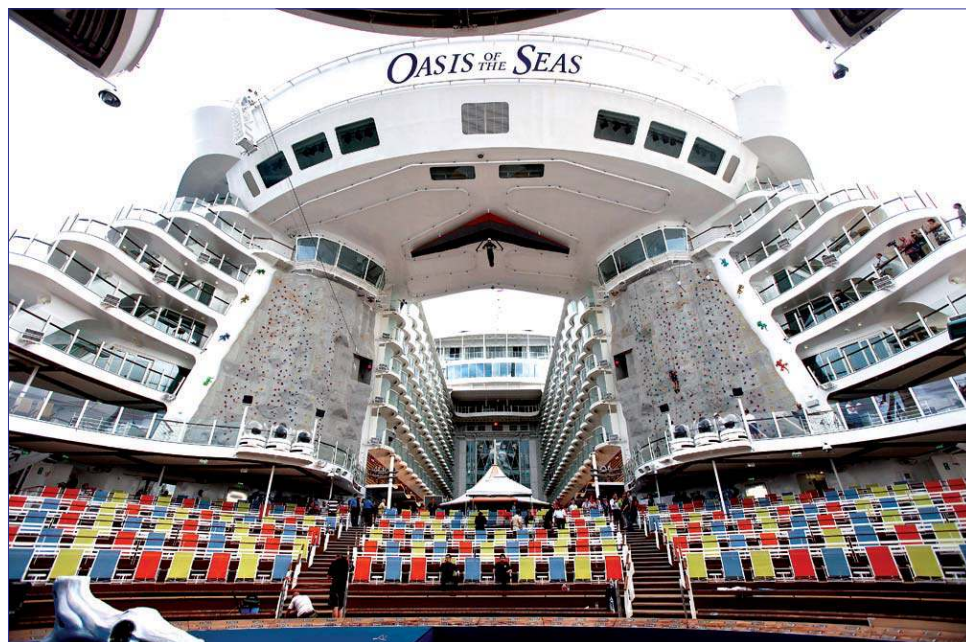
We are in good company!

What IS audited circulation?

The Portugal News has audited circulation which means we MUST be 100% accurate when quoting the number of newspapers we produce and circulate. The Portugal News are members of APCT who audit all the major daily, weekly and monthly Portuguese language publications. No other English language publication submits its circulation figures for auditing. To see our circulation figures for your self, go to: http://www.apct.pt/analisesimples_00.aspx?indice=4.1

To REALLY reach over 50,000 readers every week, call 707 500 677

Launch of the Oasis creates superb cruise rates and bargains



The arrival in Fort Lauderdale this week of the RCI's impressive new cruise ship, the massive Oasis Of The Seas has had some interesting 'side effects', especially for cruises departing from the Florida area for the Caribbean.

With a capacity of 6,296 passengers, the Oasis has had the effect of creating a greatly increased cruise capacity, and as a result the 'smaller' (around 2,000 to 3,500 passengers) ships are offering some breathtakingly good rates in order to fill their ships, especially in December, January and February. A quick look on the Royal Caribbean and Celebrity Cruises sites reveals deals that you really can afford, even

after a 'financially restricted' year. Some were priced so competitively that the cost hardly covered the superb meals let alone the accommodation. We found seven night cruises in January from as little as €303 per person on some of RCI's finest ships. We all love a bargain, and there are plenty out there.

Call our special readers offer line (Melair Lisbon) on 210 329 416 and check out what's on offer.

Photo above: *Oasis of the Seas, the world's largest cruise ship, made its pre-inaugural trip in the Caribbean Sea from Fort Lauderdale, Florida, U.S.A. November 24th, 2009. Photo: Lusa / Paulo Cunha*



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*Including beverages

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Special Reader Offers on Royal Caribbean & Celebrity Cruises



In association with Melair, the official agents for the above cruise lines in Portugal, readers can benefit by the following:

- The very lowest current prices
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PLUS:

A complimentary bottle of champagne
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Despite what you may find on the internet, cruise lines very carefully control their prices on a weekly basis, and every agent receives the same prices. This is why it's helpful to be able to speak direct to a main agent and get their advice on current prices and the latest offers.

For the best prices and the best advice, call Melair on (+351) 210 329 416 (in English) and please mention that you are a Portugal News reader to benefit from very special arrangements.

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I want to go outside!



After an unhappy event with his original family who loved him very much, Rameses and his brother, two beautiful Siamese cats, were left at the Donkey Sanctuary and there they stayed hoping to find a new and loving home for both of them. Unfortunately they were separated and his brother found a new home first. Although he stayed behind, he himself found new owners shortly thereafter where other cats live and with whom he got along well and adapted very quickly to his new environment.

Rameses has a wonderful nature, very friendly and cuddly, and likes to embrace you like a teddy bear. A very gentle and loving cat. But, there is a but, he wants to go outside and his new owners are afraid to let him out as the garden has no wall and there are cars and motorbikes passing by. He keeps on scratching the doors to go out which breaks his current owners hearts.

Rameses would like to find a new home with a safe garden where he can go outside and play.



Rameses is a Siamese cat that lived in a villa with a big garden. Nowadays, he is feeling very unhappy living in a house without the outdoors he so much loves. Left, you can see Rameses wondering why is he not home and why he cannot go outside where he sees trees and other cats having a good time!



Rameses's brother
Tutankhamun

Rameses is 3 years old, castrated and fully vaccinated with his own passport. He is no trouble at all and his claws are never out and he never scratches, even when playing with his current owners. He loves to chase things and loves other cats. I am afraid he is not used to dogs, although I think his original owners had a dog.

If you feel you would like to have Rameses, you will have a friend for life.

Please call 282 315 255 (Lagoa area) or 917 174 811.

Advice for new cat owners



Waking you up in the early hours of the morning:

To avoid your cat from waking you up at the early hours in

the morning, is by closing the door of your bedroom. If he does not stop meowing, use ear plugs for a week (and it would be nice to offer some chocolates to your neighbours). If that is not practical (physically or psychologically), never give in to your cat when he disturbs you. Even a verbal reprimand can be interpreted as a stimulus. Another trick is to stop giving your cat a morning meal or whatever he expects from you when you wake up.

Asking for food:

When you are having your meals don't let him in the dining room or let him beg for food when

you're eating. Give him his food in another division of the house for him to associate it with food.

Living with other cats:

When two cats that live in the open air do not like one another, one of them does not rest until he drives the other away from his territory. As that is not possible with cats living inside the house, cats become stressed, marking their territory with urine and showing signs of irritability.

If you want to have several cats at home, buy two little kittens at the same time or, if your cat gives birth, keep one of the kittens to increase the resident

feline population. If one of the cats keeps on disturbing the others, take him to the veterinary for that behaviour might indicate that he is feeling uncomfortable due to any medical cause, like chronic pain. Supervise the behaviour of your cats and intervene if they start to lower their head and arching the spine. Restore order by feeding the adversaries in separate rooms. Use pheromones' facial spray liberally. This is normally a very efficient measure in perhaps half of the territorial disputes that involve fights and markings with urine.

Hi There !

Very sociable 2 year old bitch would like to be someone's No.1 priority. She's great in the house, in the car, on lead or off lead, with other dogs and cats. Spayed, fully vaccinated, microchipped, European passport. Tel: 282 332 621



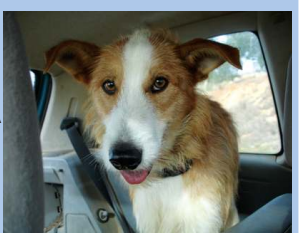
Lost or abandoned near São Brás, this fabulous young male Serra da Estrela. Extremely sociable, playful, lovely personality, well cared for. No chip, no tag. Will the owner or otherwise someone who would like to adopt/foster him temporarily, please call Marie (Amigos do Museu) on 289 841 480. Urgent as he has no home at the moment.



MIMO is a 5 year old male. He is a gentle giant and loves to walk and be groomed. Please call Linda on 914 767 958.

Home needed for a very friendly dog found on the road near Porches with his leg broken in two places and very thin. The APAA has kindly paid for his operation and he is now on the mend in a foster home and desperately looking for a good home.

He is quite energetic and very loyal. He would make a great guard/companion for a single person or would fit into a family. His tail never stops wagging even when his leg was hurting and he had no food. He currently has pins in his leg and is on medication for 8 weeks. He is a very happy dog and would make someone an excellent best friend for life. Can you help? Call 935 432 221.



TASHA, an 8 month old beagle is looking for a new home. She is lively, friendly, playful and small - weighs 7 kgs. She was rescued recently after having spent the last 6 months of her young life on a short chain of someone's yard. She is vaccinated and sterilised. If you would like to give her a home, please contact us at sesimbra.bianca@gmail.com or visit our webpage: www.bianca.pt/english Please see on our webpage Bianca calendars 2010 - by buying them you are helping animals in our shelter.



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* Amigos dos Gatos do Algarve - T. 962 414 584 - T./Fax: 289 514 218 - Contact: Lesley Normington
w Associação Animal - Apartado 2080, 8501-902 Portimão - T./Fax: 282 491 216

* Associação dos Amigos dos Animais Abandonados de Loulé - Canil de S. Francisco de Assis, Campina de Baixo, 8100-285 Loulé - Ts. 289 416 862 / 919 765 600 or email: projectosul@clix.pt

* Associação Bamboo - T. 282 788 345 / Fax: 282 788 344 - Contact: Nana - Budens - www.bamboogalgarve.com

w APAA - Associação de Protecção Animal do Algarve, on Mexilhoeira Grande - T. 914 767 958 or Tel/fax: 282 471 347 or email: safehandsofboardingskennels@clix.pt

* Associação de Protecção aos Animais sem Lar do Concelho de Sesimbra - sesimbra.bianca@gmail.com (English, French and Spanish spoken) - www.bianca.pt/english - <http://bianca-pet-rescue-adoption.blogspot.com/>

* Liga Portuguesa dos Direitos do Animal (LPDA) - Rua das Vinhas nº 18, 4760-661 Vila Nova de Famalicão - T. 252 310 361

* Sociedade Protectora dos Animais (SPA) - Rua de S. Paulo 55, 2º Dtº, 1200-426 Lisboa - T. 213 423 851 / Fax: 213 424 086

* Valérie at Santuário dos Burros in Estômbar or call 913 860 865 or 282 342 823 (evenings) o email lili10.evann@yahoo.fr



VINCE VAUGHN COUPLES RETREAT

Title: Couples Retreat

Genre: Comedy | Romance

Stars: Vince Vaughn, Jason Bateman, Faizon Love, Jon Favreau, Malin Akerman, Kristen Bell, Kristin Davis, Kali Hawk, Carlos Ponce, Jean Reno

Synopsis: The film follows four couples who embark on a journey to a tropical island resort. While one of the couples is there to work on their marriage, the other three set out to jet ski, spa and enjoy some fun in the sun. They soon discover that participation in the resort's couples therapy is not optional. What follows is a hilarious look at real world problems faced by all couples.



Title: Planet 51

Genre: Animation | Adventure | Comedy | Family | Fantasy

Synopsis: The film revolves around American astronaut Captain Charles "Chuck" Baker, who lands on Planet 51 thinking he's the first person to step foot on it. To his surprise, he finds that this planet is inhabited by little green people who are happily living in a white picket fence world reminiscent of a cheerfully innocent 1950s America, and whose only fear is that it will be overrun by alien invaders...like Chuck! With the help of his robot companion "Rover" and his new friend Lem, Chuck must navigate his way through the dazzling, but bewildering, landscape of Planet 51 in order to escape becoming a permanent part of the Planet 51 Alien Invaders Space Museum.

"'Paranormal Activity' is one of the scariest movies of all time. You will be affected as it's hard to ignore the imprint it leaves on your psyche. Nightmares are guaranteed."

- Bloody-Disgusting

Title: Paranormal Activity

Genre: Horror | Thriller

Stars: Katie Featherston, Micah Sloat

Synopsis: Soon after moving into a new home, Katie and Micah become increasingly disturbed by what appears to be a supernatural presence. Hoping to capture evidence of the haunting on film, Katie and Micah set up video cameras in their home, but they are not prepared for the terrifying occurrences which follow.

WHAT HAPPENS WHEN YOU SLEEP?

PARANORMAL ACTIVITY
DON'T SEE IT ALONE



ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212
3 DEC-9 DEC

1 Uma Aventura na Casa Assombrada
Ana Padrão, Luís Lucas
(12.35 Sat & Sun) 14.50-17.05-19.25-21.45
2012
John Cusack, Chiwetel Ejiofor
(00.00 Thu-Sat)
2 The Brothers Bloom
Adrien Brody, Mark Ruffalo
(13.30-16.00-21.40 (00.15 Thu-Sat)
The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
18.35
Up - Animation PV - (10.20 Sat & Sun)
3
2012
John Cusack, Chiwetel Ejiofor
(11.10 Sat & Sun) 14.30-17.50-21.10

The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
(00.25 Thu-Sat)
4
Paranormal Activity
Katie Featherston, Micah Sloat
(13.25-15.35-17.40-19.45-21.50 (23.50 Thu-Sat)
5
The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
(11.45 Sat & Sun) 14.50-17.55-21.00 (00.00 Thu-Sat)
6
Couples Retreat
Vince Vaughn, Kristen Bell
(11.10 Sat & Sun) 13.45-16.20-18.55-21.30 (00.10 Thu-Sat)
7
Planet 51
Animation PV
(10.50 Sat & Sun) 13.00-15.10-17.20-19.50-22.00 (00.05 Thu-Sat)
8
Surrogates
Bruce Willis, Radha Mitchell
(12.10 Sat & Sun) 19.10 (23.45 Thu-Sat)

Cirque du Freak: The Vampire's Assistant

Chris Massoglia, John C. Reilly
14.15
Beyond a Reasonable Doubt
Michael Douglas, Amber Tamblyn
16.45-21.20
9
Julie & Julia
Meryl Streep, Amy Adams
13.10-15.55-18.35-21.15
Fame
Kay Panabaker, Natori Naughton
15.55 (23.55 Thu-Sat)
G-Force
Animation PV
(10.30 Sat & Sun)

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
3 DEC-9 DEC

1
Couples Retreat
Vince Vaughn, Kristen Bell
(13.30-16.20-18.50-21.20 (23.50 Fri & Sat)

2
A Christmas Carol 3D
Animation PV
12.55-15.00-17.05-19.10
A Christmas Carol 3D
Animation OV
21.25 (23.45 Fri & Sat)
3
Paranormal Activity
Katie Featherston, Micah Sloat
(13.20-16.10-18.20-21.10 (00.15 Fri & Sat)
4
2012
John Cusack, Chiwetel Ejiofor
12.40-15.40-18.40-21.40
5
Julie & Julia
Meryl Streep, Amy Adams
12.50-15.30-18.10-21.00
2012
John Cusack, Chiwetel Ejiofor
(23.40 Fri & Sat)
6
Planet 51
Animation PV
(13.00-15.05-17.15-19.25-21.45 (00.00 Fri & Sat)

7
The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
(13.10-15.50-18.30-21.30 (00.10 Fri & Sat)
8
The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
(13.10-15.50-18.30-21.30 (00.10 Fri & Sat)
9
Uma Aventura na Casa Assombrada
Ana Padrão, Luís Lucas
(13.15-15.10-17.10-19.15-21.15 (23.30 Fri & Sat)
CASTELLO LOPES CINEMAS
PORIMÃO
TEL: 707 220 220
3 DEC-9 DEC
1
The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
(13.10-15.50-18.40-21.30 (00.10 Fri & Sat)

2
Couples Retreat
Vince Vaughn, Kristen Bell
(13.00-16.00-18.30-21.50 (0.40 Fri & Sat)
3
Cirque du Freak: The Vampire's Assistant
Chris Massoglia, John C. Reilly
(13.20-16.10-18.50-22.00 (00.30 Fri & Sat)
4
2012
John Cusack, Chiwetel Ejiofor
(13.20-15.20-18.15-21.10 (0.20 Fri & Sat)
5
Uma Aventura na Casa Assombrada
Ana Padrão, Luís Lucas
(12.50-15.10-17.20-19.30-21.40 (23.50 Fri & Sat)
6
Planet 51
Animation PV
(12.40-15.00-17.10-19.15-21.20 (23.40 Fri & Sat)

■ OV = Original Version
■ PV = Portuguese Version



Castello Lopes Cinemas

Tel: 707 220 220

www.castellolopescinemas.com



UCI Cinemas

Tel: 707 23 22 21

www.uciportugal.pt



Zon Lusomundo Cinemas

Tel: 707 24 63 62

www.zonlusomundo.pt

Film Classification

Couples Retreat - M/12
Planet 51 - M/6
Paranormal Activity - M/12
The Twilight Saga: New Moon - M/12
Capitalism: A Love Story - M/12
Julie & Julia - M/12
A Christmas Carol - M/6
Miracle at St. Anna - M/12
2012 - M/12
Cirque du Freak: The Vampire's Assistant - M/12

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

HIGHLIGHTS

Feira da Ladra

5.12.09

Rui's bar
Vilamoura

In the square in front of the Chemist

11.30 - 17.30

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Vale Silves Primary School

Concert of Hope World Tour 2009



Harlem Gospel Choir
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6 de Dezembro | 21H

formed across the globe with the most diverse artists, from Diana Ross, Jimmy Cliff, Paul McCartney to the Gorillaz. They were invited by President Obama to act at the opening of his campaign and, recently, acted in the show's tribute to Michael Jackson. - A must-see show for the whole family! - Salão Preto e Prata (Black and Silver Room) of Casino Estoril - Praça José Teodoro dos Santos - 214 667 965 - Info. cestoril@estoril-sol.com

LISBON - December 6 - 21h00 - Concert of Hope, a Tribute to Michael Jackson, by the Harlem Gospel Choir - Harlem Gospel Choir is the group of Gospel's most famous in America! The choir will present a Tribute to Michael Jackson with some of the songs for him and even glorified the great classics of the Gospel. Founded in 1986 by Allen Bailey, the group brings together the best musicians and singers of Gospel of black churches in Harlem (New York). The Harlem Gospel Choir have performed across the globe with the most diverse artists, from Diana Ross, Jimmy Cliff, Paul McCartney to the Gorillaz. They were invited by President Obama to act at the opening of his campaign and, recently, acted in the show's tribute to Michael Jackson. - A must-see show for the whole family! - Salão Preto e Prata (Black and Silver Room) of Casino Estoril - Praça José Teodoro dos Santos - 214 667 965 - Info. cestoril@estoril-sol.com

CARVOEIRO - December 9 - 21h00 - Develop your intercultural skills! Unique Seminar: Cultural Differences at Work! - 15h30-19h30 - Tivoli Hotel- Do better business, negotiate more effectively with less irritation, misunderstanding or stress! - Costs: €30 - includes coffee, drinks and handouts - Subscription and info: hanshoogerdijk@gmail.com tim.hans.hoogerdijk.911199442



LISBON - 'O País em... Presépios' Exhibition of Nativity Scenes at 'A Arte da Terra' - The Nativity Scenes are a work of renowned artists representing an artistic portrait of a country, where tradition and modernity combine together - 'A Arte da Terra', is a project dedicated to the Portuguese culture, located in a magnificent building, the old stables of the church, on Rua Augusto Rosa nº 40, next to the Cathedral - The exhibition will run until January 10, 2010 - Nearly one hundred craftsmen and sculptors from different artistic trends and different generations, have more than half a thousand pieces on the classic theme of Christmas - Sculptors Jorge Mealha, Janet Mealha de Lagos among other 80 artists will be present at the exhibition - For more information, please call 212 745 975 - e-mail: arte@net.sapo.pt - www.aartedaterra.pt

ALBUFEIRA

DECEMBER 13



Animal Charity Evening at Hotel Paraíso at 19h30 - Buffet Dinner, Wine & Coffee, Live Music and Dancing - Price: €27.5 all inclusive - All profits to local charities: Quintinha dos Animais (Goldra); AGA Amigos dos Gatos do Algarve and APAA Associação de Protecção dos Animais no Algarve - Tickets info: 289 514 218 / 962 414 584 / 918 550 355

UNTIL DECEMBER 31



Arindo Martins presents a painting exhibition 'Paisagens do Algarve e...' (Landscapes of Algarve and...) at the art gallery Pintor Samora Barros - Open daily from from 10h30 to 16h30

LAGOA

UNTIL DECEMBER 31

During the Christmas Season there will be daily Street Animation, Concerts and many other activities - www.cm-lagoa.pt

LAGOS

DAILY

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - 282 687 334 (LAPS - Lagos Animal Protection Society)

LOULÉ

UNTIL DECEMBER 30

Chá d'Arte presents a solo Painting Exhibition by the artist Jeroen Buitenman - the art gallery is situated in the historic centre of Loulé.

MONCHIQUE

UNTIL MID DECEMBER

New paintings and photos in an exhibition called 'Mystical Alentejo' by five international artists Ben Helmink, Gisele Barbosa de Araújo, Bianca Luig, Clive Cook and Kasia Wrona - Galeria Arte Algarve - Largo 5 de Outubro 14 - open Tue-Fri 10-17h - 282 913 130 or Tm. 925004051 - More details at www.artelagrove.net

PADERNE

DAILY

'Three-part art' Exhibition by Florence Clayette, Meinke Flessman and Clifford Martin Tuson at Galeria Corte Real - Signposted from Ferreiras, Boliqueime & Pademe - 918 980 199 / 912 737 762

SOUTH

PORTIMÃO

UNTIL DECEMBER 12

Exhibition 'As Carrinhas de Portimão (Portimão Carriages) - Temporary Exhibitions Room of the Portimão Museum - Open Tuesdays from 14h30 to 18h00; Wenesday to Sunday from 10h00 to 18h00 - 282 405 265

DECEMBER 13

Chanukah Picnic Lunch - Info from Ralf Pinto - 282 416 710 or fax 282 416 515 - Ralf.Pinto@sapo.pt

SILVES

DECEMBER 12 & 13

Grand Opening of Art & Artifacts Gallery Mikki-F on December 12 and 13 from 10h00 to 18h00 (Free T-Shirts) - Art Exhibition of original paintings and ceramic sculptures, Interior Decoration, Colour Advice, Acryl on Canvas, Wall Painting - Open week days from 10h00 to 19h00; closed Saturdays and Sundays from 13h00 - Mikki-F is situated on Poço Barreto (From Guia: Before you enter Algoz take the 1ª street on the left past the restaurant O João; From Algoz centre: On the road to Guia take the 2nd street on the right opposite the restaurant O Marinho) - 964 934 612 - www.mikki-f.exto.be

DECEMBER 12

'Angels Feathers' a new comedy by Nicky Moran - Silves Cine-Theatre Club Bar - opens 7.30, curtains up 8.30pm - Tickets 9 - please book on - 282 443 855 or the2bentleys@aol.com

DAILY

Basic Ballroom and Latin dance classes, for beginners - Between 15h00 and 17h00 at the old Cine Theatre - By qualified teacher - Price: €5

NEW YEAR' EVE



Monthly Writing Workshops - Writing Memoirs/ Life Writing & Writing Fiction - All welcome - Saturdays 2.30pm - 4.30pm at The Owl Story Bookshop, Lagos and the Bica Boa, Monchique For more details and to reserve a place visit www.lisaelvidge.com or call Lisa on 962887680

NORTH

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum

& casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

GUIMARÃES

DECEMBER 8 TO 13

Play 'That Pretty Pretty, ou a Peça de Violação' - 8 to 12 Dec: 22h00; 13 Dec: 17h - Centro Cultural Vila Flor is situated on Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvfl.pt

CENTRE

DAILY

» Mercado da Ribeira is the Coolest Place in Town - a very popular market • Tagus crafts, events, gastronomy • Av. 24 de Julho
» National Coach Museum - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays - Praça Afonso de Albuquerque - 213610850
» Oceanarium - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h00 to 18h00 - 218 917 002

SINTRA

DAILY



Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitaes and Meleças • 219164303 - Fax: 21 923 6150

DAILY



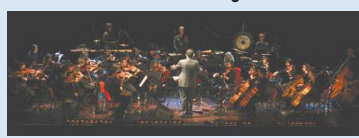
Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

Lisbon Concerts

(Tickets: See details bottom page)

December 7 - Concert by the Prodigy - Sala Atlântico of Pavilhão Atlântico - Tickets: From €30 to €40) - **December 10 - Concert by Editors** - Campo Pequeno - **December 18 & 19 - Lisbon Film Orchestra at Aula Magna** - 18th:

21h30 -
19th: 16h00
& 21h30 -
Tickets:
€35, €25 &
€20



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Nigella's Christmas Kitchen. (R) 12.00 BBC News; Regional News; Weather. (T) 12.15 Football Focus. (T) 1.00 Live Snooker: UK Championship. The opening day's play. (T) 2.15 Live International Rugby Union. Barbarians v New Zealand (Kick-off 2.30pm). (T) 4.30 Final Score. (T)

5.05 BBC News; Regional News; Weather. (T) 5.25 Hole in the Wall. With Caprice, Ben Clarke, Martin Roberts and Verity Rushworth. (T) 5.55 Merlin. A warlock sends Mordred to steal a priceless magical relic. Uther has looked deep within Camelot's vaults, relying on Morgana's bond with the boy to keep him safe. (T) 6.40 Strictly Come Dancing. Darcy Bussell appears as a guest judge for the last three shows. (T)

8.10 The National Lottery Draws. Jenni Falconer announces the all-important numbers. (T) 8.20 Casualty. Ruth is shocked when her estranged brother appears in the department after spending two years in prison, and he is not the only person showing a keen interest in the medic. Polly's guilt following Alistair's suicide affects her treatment of a homeless patient. Sean toys with Adam and Jessica, while the trainees are eager to impress. With guest star Lynda Baron. (T)

9.10 The Impressions Show with Culshaw and Stephenson. Sketches include Gordon Ramsay's debut on CBeebies, Kate Winslet on Bad Job for a Celebrity, a showdown between Simon Cowell and Anne Robinson, and Ant and Dec losing their way. (T)

9.40 Strictly Come Dancing. Bette Midler performs in the studio and Bruce Forsyth and Tess Daly return to reveal which two couples will be performing in the dance-off before the judges decide who to eliminate. (T)

10.10 BBC News; Weather. (T)

10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including Manchester City v Chelsea and West Ham United v Manchester United. The Blues had won their last eight meetings against City, scoring a combined total of 19 goals and conceding only once in that time, which came in their 3-1 win at the City of Manchester Stadium last term. The Red Devils claimed their first win at Upton Park in three attempts when they prevailed 1-0 in this corresponding game last season, with their winning goal scored by Ryan Giggs. (T) National Lottery Update. (T)

11.55 The Football League Show. Highlights of today's games. (T)

1.10 Friday Night with Jonathan Ross; (T) Weather. (T) 2.15 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.10 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Doo? (R) (T) 8.00 Gimme a Break. (T) 8.30 TMI. (T) 10.00 Doctor Who: Dreamland. (T) 10.45 ChuckleVision. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) Diddy Dick & Dom. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 BBC Switch: The Cut. (T) 12.25 BBC Switch: The Season. (T) 12.55 BBC Switch: The 5:19 Show. (T) 1.15 BBC Switch: Kyle XY. (T) 2.00 Animal Park. (T) 2.45 FILM: The Big Circus (1959). Drama, starring Victor Mature. (T) 4.30 Live Snooker: UK Championship. Further coverage of the first round. (T) 6.05 Dad's Army. (R) (T) 6.40 Dinner at Noon. (R) (T) 7.20 An Englishman Abroad. A woman is shocked to find a mysterious Englishman standing in her dressing room. Alan Bennett's drama, starring Alan Bates. (R) (T) 8.25 Talking Heads. Alan Bennett's monologue. (R) (T) 9.00 Talking Heads 2. Monologue, starring Thora Hird. (R) (T) 9.30 Being Alan Bennett. Cameras follow the author during key moments of his 75th year, revealing the apparent contradictions in his personality as he performs civic functions and prepares his new play. (T) 10.30 The Thick of It. (T) 11.00 Have! Get a Bit More News for You. (T) 11.45 Snooker: UK Championship. (T) 12.35 Snooker Extra. (T) 2.35 Close.

Pick of the Day

Being Alan Bennett, BBC2, 9.30pm

BBC 2 has gone Bennett bonkers tonight. It all begins at 6.20pm with Dinner at Noon, a 1988 documentary in which the playwright observes life at a Harrogate hotel. It's followed by An Englishman Abroad, a drama about actress Coral Browne's meeting with Cambridge spy Guy Burgess. After that there's a couple of editions of his acclaimed Talking Heads series, and then this programme. As you may have guessed, it focuses on the man himself. The son of a Leeds butcher, he had not intended to become a famous face. Instead, he claims that as an adolescent, he thought he'd become a clergyman, merely because he felt he looked like one. But while studying at Oxford University, where he gained a first-class degree in history, he began performing in comedy sketches, then became part of the satirical revue Beyond the Fringe, which also launched the showbusiness careers of Dudley Moore, Jonathan Miller and Peter Cook. Since then, Bennett has continued to act, but it's his skill with the written word (for the stage as well as TV and cinema) that has turned him into a national treasure. His latest play, The Habit of Art, is currently enjoying a run at the National Theatre — and he clearly isn't losing his touch, because it's sold out until January 24th.

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 World Sport. 7.30 Freeports on 4. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: The World's Greatest Pop Star: Result. (R) (T) 10.00 T4: Friends. (R) (T) 10.35 T4: The Hollybush Music Show. (T) 11.04 T4: Music Favourites: Robbie Williams. (R) (T) 12.10 T4: 90210. (T) 1.10 T4: Mariah Carey: T4 Special. (R) (T) 1.45 Channel 4 Racing from Sandown Park and Wetherby. Including the 2.25 Tingle Creek Chase (2m). (T) 3.50 My First Year. (T) 4.20 Come Dine with Me. (R) (T) 4.50 Come Dine with Me. (R) (T) 5.50 Come Dine with Me. (R) (T) 6.20 Come Dine with Me. (R) (T) 6.50 Channel 4 News. (T) 7.20 FILM: Speed 2: Cruise Control (1997). A couple on board a cruiser have to stop the vessel crashing into a runaway oil tanker. Action thriller sequel, with Sandra Bullock and Jason Patric. (T) 9.40 FILM: Premonition (2007). Premiere. A widow is shifted back and forth in time and tries to save her dead husband. Supernatural thriller, with Sandra Bullock and Julian McMahon. (T) 11.40 8 Out of 10 Cats. (R) (T) 12.15 4Music: Live from Abbey Road. (T) 1.20 FILM: Jackie Brown (1997). Crime drama, starring Pam Grier. (T) 4.00 Supporting Acts. (R) (T) 4.10 Switched. (R) (T) 4.30 Beauty & the Geek. (R) (T) 5.15 St Elsewhere. Joan's father arrives unexpectedly at the hospital. (R)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Bop Box. (R) (T) 7.10 Fireman Sam. (R) (T) 7.25 Rupert Bear. (R) (T) 7.35 Mio Mao. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Noddy in Toyland. (T) 8.05 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 Mist: Sheepdog Tales. (R) (T) 8.40 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 NFL UK. (T) 11.00 The Gadget Show: Winter Special. (R) (T) 12.00 Britain's Best Brain. (R) (T) 1.00 Zoo Days. (R) (T) 1.10 FILM: Brave Warrior (1952). Western adventure, starring Jay Silverheels. (T) 2.40 FILM: Operation Pacific (1951). World War Two adventure, starring John Wayne. (T) 4.55 FILM: Cool Hand Luke (1967). Chain-gang drama, starring Paul Newman. (T) 7.15 Five News. (T) 7.20 NCIS. The remains of a Marine are discovered impaled on a tree stump in a forest. The investigation leads to the local militia and a botched weapons deal. Mark Harmon stars. (R) (T) 8.15 CSI: NY. A woman dies at a French Revolution-themed event co-hosted by a socialite she tutors. Meanwhile, a live cockroach encrusted with jewels gives clues to the death of a promising chef. (R) (T) 9.10 CSI: Crime Scene Investigation. A biker is murdered in a bar. (R) (T) 10.10 Law & Order: Special Victims Unit. (R) (T) 11.10 CSI: NY. (R) (T) 12.05 SuperCasino. 3.55 House Doctor. (R) (T) 4.20 House Doctor. (R) (T) 4.45 Rough Guide to Islands. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Horrid Henry. (T) 9.55 Atomic Betty. (T) 10.10 Atomic Betty. (R) (T) 10.25 Art Attack. (R) (T) 10.50 Tricky Trickies. (R) (T) 10.55 News and Weather. (T) 10.59 London Weather. (T) 11.00 FILM: Polyanna (1960). Family drama, starring Hayley Mills. (T) 1.35 FILM: Peter Pan (2003). Fantasy adventure, with Jeremy Sumpter and Rachel Hurd-Wood. (T) 3.35 London Tonight; Weather. (T) 3.50 FILM: Star Wars: Episode VI - Return of the Jedi (1983). Conclusion of the sci-fi saga, starring Mark Hamill. (T)

5.00 ITV News and Weather. (T) 5.15 FILM: Star Wars: Episode VI - Return of the Jedi (1983). Concluded. (T) 6.30 Totally You've Been Framed! Harry Hill presents an hour-long special reviewing some of the show's most comical clips, including a man versus a scallop and a tangle between a dog and a dishwasher. (T)

7.30 Harry Hill's Best of TV Burp. New series. The big-collared comedian looks back at classic clips, skits and quips from previous series. The selection includes Jamie Oliver performing the 'Jamie Rap', Phil Mitchell deflating the trailer for detective series Life As Meat, Paul Burrell on Australian Princess, and a host of celebrities expressing their astonishment after learning that Emmerdale's Val has catarracts. (T)

8.00 The X Factor. Following Lloy's departure, Olly, Stacey, Danyal and Joe compete for three places in next week's grand final. Simon Cowell, Cheryl Cole, Dannii Minogue and Louis Walsh give their verdicts on the performances but are powerless to save acts as the voting public have complete control over who stays in the contest. Hosted by Dermot O'Leary. (T)

9.30 Rod Stewart: One Night Only. The legendary singer performs some of his greatest hits, including Maggie May and I Don't Want to Talk About It, as well as new material from his Soulbout album, in front of a specially selected audience of fans. He is also joined on stage by Welsh rockers Stereophonics for a performance of Handbags and Gladrags, before talking to host Ben Shephard about his musical career, now in its fifth decade. (T)

10.45 ITV News and Weather; Weather. (T) 11.00 FILM: Ray (2004). Biopic, starring Jamie Foxx. (T)

1.45 FILM: Clean and Sober (1988). Drama, starring Michael Keaton; (T) ITV News Headlines. 3.50 Crossing Jordan. (R) (T) 4.35 ITV Nightscreen.

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LOCAL

RTP1

0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top 1515 The Vampire Diaries, series 1615 Programa das Festas 1900 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Conta-me Como Foi 2215 Dança Comigo no Gelo 0045 Carga Pesada 0130 Lipstick Jungle, series 0300 Film 0415 Telejale

RTP2

0700 Euronews 0800 África 7 Dias 0830 Noticias de Portugal 0900 Open University 1000 Zig Zag 1230 Film 1400 Parlamento 1500 Sports 1900 Artes de Rua 1930 Home, documentary 2100 Documentary 2155 A Hora da Sorte 2200 News 2240 Film 0015 Film 0200 Sports 0615 Euronews

SIC

0600 Etnias 0645 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 Our World 1300 News 1400 Alta Definição 1430 Episódio Especial 1500 Idólos 1630 Film 1800 2000 News 2130 Perfeto Coração 2245 Não Há Crise 2345 Gato Fedorento 0045 Film 0230 Quando o Telefone Toca

TVI

0700 Children TV 0930 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2245 Ele é Ela 2345 Sentimentos 0045 Hannibal, film 0230 Sempre a Somar 0400 Arrested Development, series 0430 Heroes, series 0530 Telejale

Best of the Rest

BBC3

7.00 the noughties - was that it? 7.10 Top Gear 8.10 Film: Pearl Harbor 12 (2001) 11.00 Russell Howard's Good News Extra 11.50 Family Guy 12.10 American Dad! 12.30 American Dad! 12.55 Don't Get Screwed 1.25 Young Hairdresser of the Year 2.25 Russell Howard's Good News Extra 3.10 Calum Best: Brought Up By Booze - A Children in Need Special 4.10 Young Hairdresser of the Year 5.10 Close

BBC4

7.00 India's Hospital Train - Lifeline Express 8.00 Cranford 9.00 Margot 10.25 Spiral 11.20 Spiral 12.15 India's Hospital Train - Lifeline Express 1.15 Cranford 2.15 Film: Princesses 18 (2005) 4.00 Close

ITV2

1.35 Vernon Kay: The Hot Desk 1.50 ITV at the Movies 2.20 Holiday Showdown 3.20 All Star Family Fortunes 4.05 Gossip Girl 5.05 Film: ET: The Extra-Terrestrial U (1982) 7.30 The Planet's Funniest Animals 8.00 Holiday Showdown 9.00 The Planet's Funniest Animals 9.30 The Xtra Factor 10.30 Film: Ocean's Eleven 12 (2001) 12.45 Harry Hill's Best of TV Burp 1.15 The X Factor 2.45 The Xtra Factor 3.35 Teleshopping 5.35 ITV2 Nightscreen

Sky1

1.00 Don't Forget the Lyrics 2.00

The Real A&E 3.00 Cold Case 4.00 Guinness World Records Smashed! 5.00 Oops TV 6.00 The Simpsons 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 UK Border Force 10.00 Top50 Showbiz Comebacks 12.00 Road Wars 1.00 Night Cops 1.50 Road Wars 2.40 Prison Break 3.30 Road Raja 4.20 X-Weighted 5.10 Diet Tribe

GOLD

1.10 Film: Carry On Sergeant U (1958) 2.50 The Thin Blue Line 3.30 Heroes of Comedy 5.15 Only Fools and Horses 6.20 Only Fools and Horses 7.40 Only Fools and Horses 9.00 Absolutely Fabulous 10.00 The Thin Blue Line 10.40 Jonathan Creek 12.40 Absolutely Fabulous 1.40 The Thin Blue Line 2.15 Never Mind the Horrocks 3.00 Close

TCM

1.00 The In-Laws PG (1979) 3.00 Any Wednesday PG (1966) 5.05 The Big Trees PG (1952) 7.05 Springfield Rifle U (1952) 9.00 Overnight Delivery 15 (1996) 10.45 Showdown in Little Tokyo 18 (1991) 12.15 Quo Vadis PG (1951) 3.00 Teleshopping 5.00 The In-Laws PG (1979)

The Disney Channel

Kids' programmes from 7am, except: 8.00 Film: Wizards of Waverly Place: The Movie PG (2009) Fantasy adventure, starring Selena Gomez.

Sky Movies Drama

6.15 To Be Fat Like Me PG (2007) 7.50 Front of the Class 12 (2006) 9.30 Black Snake Moan 15 (2006) 11.30 Ride with the Devil 15 (1999) With Tobey Maguire. 1.50 The American President 15 (1995) With Michael Douglas. 3.50 The Savages 15 (2007) With Laura Linney. 5.50 Alex Zane's Guest List 6.20 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis. 8.00 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) With Brad Pitt. 10.45 Pride and Glory 15 (2008) With Colin Farrell. 1.00 The Postman Always Rings Twice 18 (1981) With Jack Nicholson. 3.05 Body Shots 18 (1999) 5.05 Can't Be Heaven PG (1999)

Sky Movies Comedy

6.00 The Great White Hype 15 (1996) 7.40 35MM 8.10 Ghost Dad PG (1990) 9.45 The Golden Child PG (1986) 11.25 The Love Guru PG (2008) With Mike Myers. 1.00 Tropic Thunder 12 (2008) With Ben Stiller. 3.00 Be Kind Rewind (2008) With Jack Black. 4.45 Ghost Dad PG

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BBC1

6.00 Breakfast. (T) 7.30 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 Fern Britton Meets Desmond Tutu. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 1.30 Keeping Up Appearances. (R) (T) 2.00 Murder, She Wrote. (R) (T) 2.45 EastEnders. (T) 4.40 Points of View. (T) 4.55 Songs of Praise. (T)

5.30 BBC News; Regional News; Weather. (T)
6.00 Life. David Attenborough turns his attention to marine invertebrates - bizarre and beautiful animals that thrive in the toughest parts of the ocean. Divers swim into a shoal of predatory Humboldt squid emerging from the depths to hunt in packs, and timelapse photography reveals starfish gathering under the arctic ice to devour a seal carcass. A camera also follows a female octopus into a cave, where she hides to protect her eggs until she starves to death. (R) (T)

7.00 Countryfile. John Craven presents an investigation into therise in wildlife crime. James Wong gathers mistletoe at Tenbury Wells in Worcestershire, before seeing how much it raises at auction, and Adam Henson tries to find out why the hedgerows on his farm have produced an unusually large crop of berries. Presented by Matt Baker and Julia Bradbury. Including Weather for the Week Ahead. (T)

8.00 Antiques Roadshow. Fiona Bruce and the experts visit Burchley House, near Stamford in Lincolnshire, where objects receiving valuations include a rare medal awarded to a heroic prisoner, a model ship made by Napoleonic prisoners of war, a Lalique figure originally purchased in a junk shop for less than £1, and a surprisingly valuable collection of boxes. (T)

9.00 **Small Island.** Part one of 2. A Jamaican woman travels to London in 1948 to join her new husband, but her life becomes entwined with that of her landlady, who once spent a night of passion with the newlywed's former lover. Adaptation of Andrea Levy's novel, starring Naomie Harris, Ruth Wilson, David Oyelowo, Ashley Walters and Benedict Cumberbatch. (T)

10.30 BBC News; Regional News; Weather. (T)
10.55 FILM: Down with Love (2003). Romantic comedy, starring Ewan McGregor and Renee Zellweger. (T)

12.35 The Sky at Night; (T) Weatherview. (T) 1.00 Sign Zone: Alexander Armstrong's Very British Holiday. (R) (T) 2.00 Sign Zone: Holly City. (R) (T) 3.00 Sign Zone: Miranda. (R) (T) 3.30 Sign Zone: Caribbean Food Made Easy. (R) (T) 4.00 Sign Zone: Caribbean Food Made Easy. (R) (T) 4.30 BBC News. (T)

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BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 7.00 CBBC: Uncle Max. (R) (T) 7.10 Ooglies; (R) (T) Bernard. (R) (T) 7.30 Prank Patrol. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 Best of Friends. (R) (T) 9.00 The Sorcerer's Apprentice. (T) 10.00 Something for the Weekend. (T) 11.30 Escape to the Country. (R) (T) 12.15 FILM: Tiger Bay (1959). British thriller, starring John Mills. (T) (bw) 2.00 Live Snooker: UK Championship. First-round coverage. (T) 5.20 Talking Heads. (R) (T) 6.05 A Day Out. (R) (T) (bw) 6.55 Talking Heads. (R) (T) 7.30 James May on the Moon. The presenter learns about the first lunar landing. (R) (T) 8.30 Top Gear. Jeremy Clarkson tests the Renault Sport Twingo 133 in Belfast, Richard Hammond tries his hand at airport vehicle racing, and Guy Ritchie is the Star in a Reasonably Priced Car. (T) 9.30 Miranda. In an attempt to make the most of being young, free and single, Miranda spontaneously books herself into a hotel across the road. Starring Miranda Hart. (R) (T) 10.00 Match of the Day 2. Highlights include Everton v Tottenham Hotspur. (T) 10.50 Never Mind the Buzzcocks. (R) (T) 11.20 Argumental. (T) 11.50 Snooker: UK Championship. (T) 12.40 Snooker Extra. (T) 2.40 BBC News. (T) 4.25 Close.

Pick of the Day

Small Island, BBC1, 9pm

Ruth Wilson, David Oyelowo and Naomie Harris star in the first of a two-part drama adapted from Andrea Levy's award-winning novel. In the opener we follow Hortense, a young woman who has travelled from Jamaica to live with her new husband, Gilbert, in 1940s London. She arrives at Queenie Bilal's house where Gilbert has rented them a room in the attic. Having long dreamed of moving to England with her first love, Michael, Hortense is disappointed with her new husband and the dingy home he has found for them. She reflects on her life in Jamaica, remembers her unspoken love for Michael and the pain of discovering him in the arms of another woman. Hortense also recalls how he was banished abroad to join the RAF, and how she was sent to Kingston to train as a teacher. Meanwhile, Queenie — also in an unsatisfactory marriage — recalls events that led her to her present situation. Desperate to escape Yorkshire and her family's pig farm, she came to live with her beloved Aunt in London, where she was pursued by the respectable but dull Bernard. Fate takes an intriguing turn when Hortense and Queenie discover they both harbour feelings for the same man. Ashley Walters and Benedict Cumberbatch also star.

C4

6.05 Sali Mali. (R) (T) 6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Beach Volleyball. (R) (T) 7.55 The Great Swim Series. (T) 8.50 T4: Friends. (R) (T) 9.25 T4: Hollyoaks. (R) (T) 12.00 T4: 90210. (T) 1.00 T4: Friends. (R) (T) 1.40 T4: Ugly Betty. (R) (T) 2.40 T4: Ugly Betty. (R) (T) 3.40 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.40 Channel 4 News. (T) 6.10 FILM: Son of the Mask (2004). Premiere. A father's life is turned upside down when a magical mask gives his baby strange powers. Comedy sequel, with Jamie Kennedy and Alan Cumming. (T) 6.00 Come Dine with Me. Four amateur cooks from Wolverhampton compete to host the perfect dinner party. However, confidence is misinterpreted as arrogance by the contestants. Beautician Farida Kalifa is insulted on the first night, while cocky salesman Lee Pritchett decides that daddy's girl Natalie Middleton can be disregarded in the competition. Insults are thrown along with desserts in the battle to win the cash prize. (R) (T) 9.00 FILM: Happy-Go-Lucky (2008). Premiere. An eternally optimistic teacher meets her opposite in an embittered driving instructor. Comedy drama, with Sally Hawkins and Eddie Marsan. (T) 11.20 FILM: The Hills Have Eyes 2 (2007). Premiere. Horror sequel, starring Michael McMillian. (T) 1.00 FILM: Quills (2000). Period drama, starring Geoffrey Rush. (T) 3.15 The Dead Zone. (R) (T) 4.05 Switched. A cheerleader and an actor swap lives. (R) (T) 4.30 Beauty & the Geek. (R) (T) 5.10 St Elsewhere. (R)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Bop Box. (R) (T) 7.10 Fireman Sam. (R) (T) 7.25 Rupert Bear. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.45 The WotWots. (R) (T) 8.00 Noddy in Toyland. (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.35 The Mr Men Show. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.20 Little Princess. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 Shakes! Snobs. (R) (T) 10.35 Wizards of Waverly Place. (T) 11.10 Hannah Montana. (T) 11.45 The Tribe. (T) 12.10 Rogue Raiders. (R) (T) 1.00 Building the Super Tower: Megastructures. (R) (T) 2.00 FILM: The Last Starfighter (1984). Sci-fi adventure, starring Lance Guest. (T) 3.50 FILM: Last Action Hero (1993). Adventure, with Arnold Schwarzenegger. (T) 6.05 Five News. (T) 6.10 FILM: Kelly's Heroes (1970). American soldiers go behind enemy lines to get their hands on a fortune in Nazi gold. World War Two adventure, with Clint Eastwood and Telly Savalas. Includes Five News Update at 7.05pm. 9.00 FILM: Blood Work (2002). A former FBI agent recovering from a heart transplant pursues his donor's killer. Thriller, directed by and starring Clint Eastwood. Includes Five News Update at 9.55pm. (T) 11.10 True Horror: Frankenstein. (T) 12.10 FlashForward. (R) (T) 1.05 NFL Live. A top game. 4.40 NFL Classic. (R) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Paz. (T) 9.35 Supernormal. (T) 9.50 Horrid Henry. (T) 10.05 Atomic Betty. (T) 10.20 Emu. (T) 10.35 Planet Sketch. (R) (T) 10.45 Coronation Street. (T) 1.00 News and Weather. (T) 1.04 London Weather. (T) 1.05 Kids Do the Funniest Things. (R) (T) 2.05 FILM: Columbo: Agenda for Murder (1990). Crime drama, starring Peter Falk and Patrick McGeehan. (T) 4.10 Agatha Christie's Poirot. (R) (T)

6.10 London Tonight: Weather. (T)
6.25 ITV News and Weather. (T)
6.45 All Star Family Fortunes. Dancing on Ice judge Karen Barber and comedian Paddy McGuinness are joined by their families as they compete to win cash for charity. Hosted by Vernon Kay. (T)

7.30 The X Factor. Pop diva Janet Jackson sings a track from her greatest hits album The Best and singer-songwriter Lady GaGa performs her latest single Bad Romance, before Dermot O'Leary announces the result, which will see Olly, Stacey, Danyl or Joe have their dreams of stardom shattered. Next week's grand final beckons for the other three - which will be just as tense for the judges as they find out if any of their contestants have made it to the last stage of the contest. (T)

8.30 FILM: Batman Begins (2005). Premiere. A billionaire becomes a masked vigilante to rid a city of crime and corruption. Comic-book adventure, with Christian Bale and Michael Caine. (T)

11.10 ITV News and Weather: Weather. (T)
11.20 Carol Ann Duffy: The South Bank Show. Melvyn Bragg interviews one of Britain's best-loved and biggest-selling poets, asking about her work for adults and children and her appointment as Poet Laureate. Melvyn joins Carol in Wales, where she mentors students in a poetry masterclass, follows her to the Edinburgh Festival Fringe and visits Italy, where she attends the famous Poetry on the Lake event. The programme also includes dramatisations of her monologues Education for Leisure, with Russell Tovey, and Warning Her Pearls, with Jemima Rooper. (T)

12.20 Premiership Rugby Union. 1.10 Champions League Weekly. (T) 1.35 Nightwatch with Steve Scott: Crime. (R) (T) ITV News Headlines. 2.30 Russell Watson - Return of the Voice: Tonight. (R) 2.55 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1010 Mass 1115 Film 1300 News 1415 So Visto! 1515 TV series 1600 TBA 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 O Último Passageiro 2345 Hora do Sorte: Sorteio do Joker 0000 Film 0200 Film 0400 Teleales 0605 Nôs

RTP2
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôs 1100 Da Terra ao Mar 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 Biosfera 1345 Iniciativa 1445 A Voz do Cidadão 1500 Sports 1900 Couto & Coutadas 1930 Alma e Gente 2000 The Simpsons 2030 The 11th Hour, documentary 2200 News 2230 Câmara Clara 2300 Britcom 2040 Onda Clara 0140 Sports 0515 Euronews

SIC
0630 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Film 1615 Film 1800 Film 2000 News 2130 Perfeito Coração 2215 Ídolos 0015 Film 0230 Quando o Telefone Toca

TVI
0700 Children's TV 0900 Smackdown, wrestling 1000 Inspector Max 1100 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2215 Uma Canção Para Ti 0045 House MD, series 0145 Sempre A Somar 0315 Autories 0400 Heroes, series 0500 Teleales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Merlin 7.45 Merlin Secrets and Magic 8.00 The Real Hustle 8.30 Britain's Really Disgusting Food 9.30 Don't Get Screwed 10.00 Family Guy 10.20 American Dad! 10.45 American Dad! 11.10 Russell Howard's Good News 11.40 Gavin & Stacey 12.10 Mouth to Mouth 12.40 Mouth to Mouth 1.10 The World's Strictest Parents 2.10 Russell Howard's Good News 2.40 Gavin & Stacey 3.10 the noughties - was that it? 4.10 Mouth to Mouth 4.40 Mouth to Mouth 5.10 Close

BBC4
7.00 A History of Christianity 8.00 The Man Behind the Masquerade 9.00 Mark Lawson Talks to Alan Bennett 10.00 Bennett on Bennett 10.10 A Question of Attribution 11.25 Talking Heads 12.00 Storyville: Simon Mann's African Coup - Black Beach 1.00 The Man Behind the Masquerade 2.00 A History of Christianity 3.00 Mark Lawson Talks to Alan Bennett 4.00 Close

ITV2
1.35 Film: Kindergarten Cop 15 (1990) 3.40 Totally You've Been Framed! 4.45 Harry Hill's Best of TV Burp 5.10 Film: Charlie and the Chocolate Factory PG (2005) 7.30 Grimefighters 8.00 Grimefighters 8.30 The Xtra Factor 9.30 Danni Minogue Uncut: Piers Morgan's Life Stories 11.00 The X Factor 12.00 The Xtra Factor 1.00 Supernatural 1.55 Teleshopping 2.55 Ricki Lake 3.40 Teleshopping 5.05 Gossip Girl 5.40 ITV2 Nightscreen

Sky1
1.00 Ooops TV 2.00 Project Runway 3.00 Angela and Friends 4.00 UK Border Force 5.00 UK Border Force 6.00 Noel's Christmas Presents

Update 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 The Simpsons 9.00 House 10.00 Fringe 11.00 Bones 12.00 Road Wars 1.00 Road Wars 1.55 Prison Break 2.50 X-Weighted 3.40 So You Think You're Safe? 4.35 Bite Size Brainiac 4.45 Hello Goodbye 5.10 Diet Tribe

GOLD
1.40 Film: Look Who's Talking 12 (1989) 3.40 The Thin Blue Line 4.20 Only Fools and Horses 5.40 Only Fools and Horses 7.00 Film: Look Who's Talking 12 (1989) 9.00 Harry Enfield and Christmas Chums 9.55 Jonathan Creek 11.55 Harry Enfield and Christmas Chums 12.50 Never Mind the Horrocks 1.40 The Thin Blue Line 2.15 Waiting for God 2.50 Close Up 3.00 Close

TCM
3.00 The FBI Story PG (1959) 5.50 Tall Man Riding U (1955) 7.30 Fort Vengeance PG (1953) 9.00 Coma 15 (1978) 11.20 Trog 15 (1971) 1.10 Forget Paris 12 (1995) 3.00 Teleshopping 5.00 The Desert Song U (1953)

The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Minutemen PG (2008) Sci-fi comedy, starring Jason Doolley.

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MOVIES

Sky Movies Drama

6.50 The Trench 15 (1999) 8.35 On Broadway 12 (2007) 10.25 Goodbye Bafana 15 (2007) 12.25 Regarding Henry 15 (1991) With Harrison Ford. 2.15 Coyote Ugly 12 (2000) With Piper Perabo. 4.00 Georgia Rule 15 (2007) With Jane Fonda. 6.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 8.00 The Duchess 12 (2008) With Keira Knightley. 10.00 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 12.00 What's Love Got to Do with It 18 (1993) With Angela Bassett. 2.15 Gully as Sin 15 (1993) With Rebecca De Mornay. 4.00 The Top 10 Show 4.20 The End of Eden PG (1996)

Sky Movies Comedy

6.00 More of Me PG (2007) 7.30 Juno 12 (2007) 9.10 Enchanted PG (2007) 11.00 Galaxy Quest PG (1999) With Tim Allen. 12.45 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 2.45 Meet Dave PG (2008) With Eddie Murphy. 4.20 Enchanted PG (2007) With Amy Adams. 6.15 Galaxy Quest PG (1999) With Tim Allen. 8.00 Juno 12 (2007) With Ellen Page. 9.40 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 11.40 Midnight Run 18 (1988) With Robert De Niro. 1.50 Meet Dave PG (2008) With Eddie Murphy. 3.25 Bachelor Party 2: The Last Temptation 15 (2008) 5.10 More of Me PG (2007)

6.15 35MM 6.45 F/X2: The Deadly Art of Illusion 15 (1991) 8.45 Tombstone 15 (1993) 11.05 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 1.20 Eagle Eye 12 (2008) With Shia LaBeouf. 3.30 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 5.40 The Game 15 (1997) With Michael Douglas. 8.00 Eagle Eye 12 (2008) With Shia LaBeouf. 10.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 12.05 Renegades 18 (1989) With Kiefer Sutherland. 2.05 The Game 15 (1997) With Michael Douglas. 4.25 Angel Flight Down PG (1996)

Sky Movies Action/Thriller

6.15 35MM 6.45 F/X2: The Deadly Art of Illusion 15 (1991) 8.45 Tombstone 15 (1993) 11.05 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 1.20 Eagle Eye 12 (2008) With Shia LaBeouf. 3.30 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 5.40 The Game 15 (1997) With Michael Douglas. 8.00 Eagle Eye 12 (2008) With Shia LaBeouf. 10.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 12.05 Renegades 18 (1989) With Kiefer Sutherland. 2.05 The Game 15 (1997) With Michael Douglas. 4.25 Angel Flight Down PG (1996)



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SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League. Scunthorpe United v Coventry City (Kick-off 1.15pm). 3.30 Live Super Sunday. Everton v Tottenham Hotspur (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. Villarreal v Getafe. 8.00 Live Spanish Football. Athletic Bilbao v Valencia (Kick-off 8.00pm). 10.00 Football Special 11.25 Live Test Cricket. Australia v West Indies.

Sky Sports 2

6.00 Live Golf. The Australian Open. 9.00 Live Golf. The Nedbank Challenge. 3.00 Test Cricket 4.00 Test Cricket 5.00 World Sport 5.30 Live NFL. Jacksonville Jaguars v Houston Texans (Kick-off 6.00pm). 9.00 Live NFL. New York Giants v Dallas Cowboys (Kick-off 9.15pm). 12.30 Spanish Football 2.30 Football Special 4.00 Super Sunday: The Last Word 4.30 Scottish Premier League Football 5.00 Close

Sky Sports 3

6.00 Live Test Cricket. Australia v West Indies. 6.30 Live Test Cricket. India v Sri Lanka. 11.30 Powerboating 12.00 Archipelago Raid 12.30 Live Scottish Premier League Football. Hamilton Academical v Hearts (Kick-off 12.45pm). 3.00 Darts 6.00 WWE: Experiences 7.00 Scottish Premier League Football 7.30 Golf Night 10.00 WWE: Late Night - Afterburn 11.00 WWE: Vintage Collection 12.00 Golf Night 2.30 Davis Cup Tennis 4.30 Close

British Eurosport

7.00 Live Sailing. The Monsoon Cup. 9.00 Wintersports Weekend 9.05 Ski Jumping 10.00 Live Biathlon. World Cup coverage from Osterlund in Sweden. 11.45 Live Nordic Combined Skiing. World Cup coverage from Trondheim in Norway. 12.30 Wintersports: Breaking the Ice 12.45 Live Biathlon. Further World Cup coverage from Osterlund in Sweden. 2.45 Alpine Skiing 3.45 Ski Jumping 4.45 Live Alpine Skiing. The men's giant slalom from Beaver Creek, USA. 5.30 Cross-Country Skiing 6.00 Live Alpine Skiing. The World Cup meeting from Lake Louise, Canada. 7.30 Live Snooker: UK Championship. First-round coverage from Telford. 10.00 Alpine Skiing 10.30 Wintersports Weekend 10.35 Curling 12.00 Nordic Combined Skiing 12.25 Wintersports Weekend 12.30 Close

Sky Sports Xtra

6.00 Wild Sports 6.30 Spanish Football 8.00 Premiership Rugby Union 10.00 WWE: Afterburn 11.00 Live Davis Cup Tennis. Spain v Czech Republic. 3.00 Archipelago Raid 3.30 Max Power 4.30 Archipelago Raid 5.00 Hockey 6.00 Squash 8.00 Test Cricket 9.00 Test Cricket 10.00 Davis Cup Tennis 12.00 Squash 2.00 Hockey 3.00 Close

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Everything in English



BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic. (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.35 CBBC: Tronji. (R) (T) 3.55 ChuckleVision. (R) (T) 4.10 Pedro and Franksheep. (R) (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 School of Silence. (T) 5.00 Newsround. (T)

5.15 Weakest Link. (T)
6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Inside Out. Stories of interest to the region; (T) BBC News; Regional News. (T)

8.00 EastEnders. An argument in the Jackson household leads to a revelation from Ricky. Jean hopes Bradley's return will give Stacey a boost and Ian uses an online dating agency. (T)

8.30 Panorama. Six months after the MPs' expenses scandal, many of the high-profile people involved have vowed to fight on, and in the recent Glasgow by-election, anti-corruption candidates failed dismally. Emeke Onono considers whether the public's anger has turned to apathy, and asks politicians including former cabinet minister Hazel Blears how they can possibly regain the trust of the voters. (T)

9.00 Life. The strategies adopted by plants that allow them to grow in every possible environment, even where there is no sunlight, water or nutrients. Featuring the dragon's blood tree, which survives in the desert by converting moisture found in the mist and shading its own roots, the carnivorous Venus flytrap that has evolved into an extraordinary predator able to digest insects, and the cat's claw creeper, which uses other plants as a ladder to reach sunlight. Narrated by David Attenborough. (T)

10.00 BBC News. (T)

10.25 Regional News: Weather. (T)
10.35 The Graham Norton Show. The host is joined by rapper and actor 50 Cent, who talks about his life and latest album, and performs Baby by Me. Plus, Jimmy Carr takes to the comedy chair. (T)

11.20 Inside Sport: South Africa's World Cup Journey. Gabby Logan visits South Africa to look ahead to next year's football World Cup. (T)

11.50 The Apprentice USA. As the tasks continue, weather is a threat for Randall, and Rebecca is forced to change her plans. In front of an audience, Donald Trump announces the winner. Last in the series; (T) Weatherview. (T)
1.15 Sign Zone: An Island Parish. (R) (T) 1.45 Sign Zone: Defying Gravity. (R) (T) 2.30 Sign Zone: Beautiful People. (R) (T) 3.00 Sign Zone: Horizon. (R) (T) 4.00 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Ed and Ocho's Excellent Inventions. (R) (T) 8.00 Wait for It! (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Elthelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokoi Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open House. (R) (T) 1.30 Live Snooker: UK Championship. The final four first-round matches. (T) 5.15 Escape to the Country. (R) (T) 6.00 Celebrity Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Live Snooker: UK Championship. Further coverage of the ranking tournament from the Telford International Centre, featuring the concluding sessions of the remaining four first-round matches. (T) 8.00 University Challenge. Jesus College, Oxford takes on Warwick. (T) 8.30 Miranda. Penny tries to find a suitable man for Miranda. (T) 9.00 School of Saatchi. The six hopefuls produce artwork for Sudeley Castle. (T) 10.00 QI. With Sandi Toksvig, Bill Bailey, Sean Lock and John Hodgman. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Have I Got News for You. (R) (T) 11.50 Snooker: UK Championship. (T) 12.40 Snooker Extra. (T) 2.40 BBC News. (T) 4.00 Close.

Pick of the Day

Man on Earth, CH4, 9pm

The Climate Change Summit in Copenhagen has raised awareness of the issues affecting us all now, and how they will continue to have an impact in the future. What will become of this planet? How do we stop, or slow down the change that has been occurring? In this major documentary series, historian and presenter Tony Robinson goes back in time to investigate what happened to our ancestors in times of great change to the climate. Going back 200,000 years, Tony takes us on a voyage of discovery. We see how some civilisations flourished, while others were destroyed over time, and how the human race as a whole has been shaped by climate change. In seeking answers as to what we can do as we face our own climate crisis, Tony visits a number of important archaeological sites across the globe. He is accompanied by Dr Jago Cooper and climate modeller Dr Joy Singarayer. Today, he starts by exploring a group of early African ancestors who survived extinction thanks to global warming, and Neanderthals who died out in lonely communities.

C4

6.00 The Treacle People. (R) (T) 6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) 8.25 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.35 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: One Day in Handsworth. (R) (T) 12.35 Wife Swap USA. (T) 1.30 FILM: Distant Drums (1951). Western, starring Gary Cooper. (T) 2.35 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 8.00 Dispatches: Christmas on Credit. High-interest loans for people denied credit elsewhere. (T) 9.00 Man on Earth. New series. As world leaders meet in Copenhagen to discuss climate change, Tony Robinson investigates the effects of fluctuating weather patterns throughout the ages. (T) 10.00 Ugly Betty. Matt's laziness threatens to jeopardise the final Yeti project, a marriage proposal is accepted, and Claire and Wilhelmnia agree. Guest starring singer Adele. (T) 11.00 Gordon Ramsay's F Word. (R) (T) 12.05 4Music: Little Noise Sessions 2009. 12.35 King of the Hill. (T) 1.05 King of the Hill. (T) 1.35 European Poker Tour. 2.30 Studio 60 on the Sunset Strip. (R) (T) 3.10 The Dead Zone. (R) (T) 3.55 Switched. (R) (T) 4.20 Beauty & the Geek. (R) (T) 5.05 St Elsewhere. (R)

FIVE

6.00 Milkshake!: The Milkshake! Show. (R) (T) 6.25 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fil and the Flowerrots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Miao Mao. (R) (T) 9.00 Little Lodgers. (R) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Nice House, Shame About the Garden: Revisited. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 FILM: Two Against Time (2002). Fact-based drama, starring Mario Thomas. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 How Do They Do It? Robert Llewellyn discovers how car airbags work, looks at the logistics of internet shopping and visits the largest car shredder in the world. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show Christmas Special. The best gadgets available for Christmas; (T) 8.00 Five News at 9. 9.00 FILM: Tears of the Sun (2003). A veteran lieutenant leads a dangerous mission to rescue a doctor from crisis-torn Nigeria. Action drama, starring Bruce Willis and Monica Bellucci. (T) 11.20 America's Toughest Prisons. (R) (T) 12.20 Vice Squad. (T) 1.15 SuperCasino. 3.00 Ironman Triathlon. 3.55 Race and Rally UK. 4.45 Motorsport Mundial. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV News and Weather. (T)

7.00 Emmerdale. Doug and Ashley struggle following Laurel's departure, but Sally privately celebrates when she hears the news. Elsewhere, Brenda is annoyed with Terry for spending time with Val. (T)

7.30 Coronation Street. Ken goes behind Deirdre's back and asks the council to put a stop to Peter's wine bar plan. Molly is furious with Kevin's decision to delay leaving Sally until after Sophie's exams. (T)

8.00 So You Think You're Insured?: Tonight. (T)

8.30 Coronation Street. Ken's secret is exposed when George takes Simon to visit Santa's grotto. Becky and Claire's pantomime plans get into full swing, and Rosie causes upset in the Webster household. (T)

9.00 I'm a Celebrity Get Me Out of Here! Coming Out. Cameras follow this year's contestants as they leave the jungle to be reunited with friends and families, return to the comforts of home and react to the tabloids' interest in them. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Inside MIS: The Real Spooks. The history of the domestic security service, based on the book Defence of the Realm by historian Christopher Andrew, who was given unprecedented access to MI5's top-secret files. The film includes interviews with a past director-general of the agency and a former head of the Met's anti-terrorism branch, and investigates the alleged plot against Harold Wilson. It also reviews allegations that one-time MI5 boss Roger Hollis and trade union leader Jack Jones were Soviet agents and that the killing of three IRA terrorists in Gibraltar was evidence of a shoot-to-kill policy by the organisation. (T)

11.35 FILM: The Black Windmill (1974). British spy thriller, starring Michael Caine; (T) ITV News Headlines.

1.30 Loose Women. (R) 2.15 The Jeremy Kyle Show. (R) (T) 3.10 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Notas Solitas 2115 Salvador 2145 Jogo Duplo 2245 Prós e Contras 0030 Terminator: The Sarah Connor Chronicles, series 0200 Film 0345 Amor e Intrigas 0445 Telesales 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 The Mentalist, series 2330 Dexter, series 0030 5 Para A Mela Nôte 0130 Universidades 0200 Diga Lá Excelência 0245 Eurodeputados 0315 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2200 Perfeito Coração 2300 Viver a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TV 1130 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Damages, series 0145 Sempre a Somar 0330 Arrested Development, series 0400 Heroes, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 The Real Hustle Las Vegas 8.00 Bizarre ER 8.30 Don't Get Screwed 9.00 Mouth to Mouth 9.30 Mouth to Mouth 10.00 EastEnders 10.30 Young Chef of the Year 11.30 Family Guy 11.50 Family Guy 12.15 The Mighty Boosh 12.45 Don't Get Screwed 1.15 Mouth to Mouth 1.45 Mouth to Mouth 1.55 Young Chef of the Year 3.15 The Mighty Boosh 3.45 Bizarre ER 4.15 The World's Strictest Parents 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 The Sky at Night 8.00 Timelift: How to Solve a Cryptic Crossword 9.00 Games Britannia 10.00 Bennett on Bennett 10.10 Talking Heads 11.05 The Beatles: On Record 12.05 Storyville - How the Beatles Rocked the Kremlin 1.05 Games Britannia 2.05 Timelift: How to Solve a Cryptic Crossword 3.05 Games Britannia 4.05 Close

ITV2
1.00 The Planet's Funniest Animals 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Mr & Mrs 8.00 Harry Hill's Best of TV Bump 8.30 Grimethorpes 9.00 Film: Ocean's Eleven 12 (2001) 11.20 Coronation Street 11.50 Coronation Street

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6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Show Me Chuck Me. (R) (T) 3.35 CBBC: Tronj. (R) (T) 3.55 ChuckleVision. (R) (T) 4.10 Pedro and Franksheep. (R) (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 Blue Peter. (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the backstabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Whitney has a miserable birthday worrying about the trial, but Ryan cheers her up by promising to find her birth mother. Archie proposes to Janine and the bailiffs visit Max. (T) BBC News; Regional News. (T)

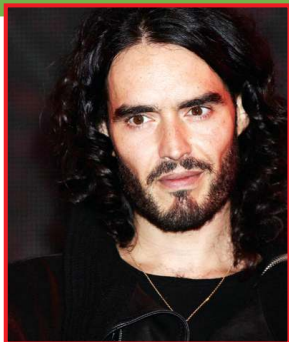
8.00 Holly City. Joseph goes too far when voicing his suspicions about Lauren, leaving Vanessa no option but to threaten him with suspension. Michael fears the removal of the robotics equipment. (T) Paradox. Another set of seven images is relayed to the laboratory, this time depicting a violent attack on an anonymous woman. As the team works to identify the prospective victim, Callum begins to suspect the pictures are messages from a higher power, and Ben becomes furious with Rebecca when he discovers the previous batch had foretold his death. Chike Okonkwo, Mark Bonnar and Tamzin Outhwaite star. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)
10.35 Imagine. Alan Yentob meets singer and human rights campaigner Joan Baez, whose career has spanned more than 50 years. She speaks candidly about her personal life, including her Quaker upbringing, her near-breakdown due to stage fright, and her complicated relationships with Bob Dylan, ex-husband David Harris and son Gabe. The programme also includes contributions by some of her friends and contemporaries, including Dylan, David Crosby, Steve Earle and Jesse Jackson, who talk about her status as a tireless champion for human rights. (T)

11.30 Film 2009 with Jonathan Ross. The host reviews Where the Wild Things Are, directed by Spike Jonze and based on Maurice Sendak's classic children's novel. (T)

12.00 The Graham Norton Show. (R) (T) Weatherview. (T) 12.50 Sign Zone: See Hear. (R) (T) 1.20 Sign Zone: Natural World. (R) (T) 2.10 Sign Zone: Jimmy's Food Factory. (R) (T) 2.40 Sign Zone: The Human Power Station. (R) (T) 3.40 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Ping. (T) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Ed and Ocho's Excellent Inventions. (R) (T) 8.00 Wait for It! (R) (T) 8.30 CBeebies: Ping. (R) 8.35 Ping. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Elthelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Ugly Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Ping. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open House. (R) (T) 1.30 Live Snooker: UK Championship. Second-round coverage. (T) 5.15 Escape to the Country. (T) 6.00 Celebrity Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Live Snooker: UK Championship. The second round of the ranking event reaches a conclusion at the Telford International Centre, with the remaining four places in the quarter-finals to be decided. (T) 8.00 A History of Scotland. The country's prosperity in the late 18th century. (T) 9.00 Can Gerry Robinson Fix Dementia Care Homes? Part one of two. The businessman tries to improve conditions in care homes. (T) 10.00 Miranda. Penny tries to find a suitable man for Miranda. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Snooker: UK Championship. (T) 12.10 Snooker Extra. (T) 2.10 BBC News. (T) 3.40 Close.

C4

5.55 The Treacle People. (R) (T) 6.05 Sali Mali. (R) (T) 6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 Wife Swap USA. (T) 1.40 FILM: Carry On Behind (1975). British comedy, starring Kenneth Williams. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Monkey Business. New series. Questions about animal rights are raised in a Nigerian village. (T) 8.00 Kirstie's Homemade Christmas. New series. Kirstie Allsopp prepares her Devonshire cottage for the festive season. (T) 9.00 Gordon Ramsay's F Word. Spanish restaurants El Gato Negro and Lola Rojo compete. (T) 10.00 Russell Brand: Skinned. Documentary following the comedian backstage on his stand-up tour Scandalous. Plus, Frank Skinner interviews Russell about his rise to fame and the "Sachsage" scandal. (T) 11.05 Cast Offs. (T) 12.05 Bullrun. (T) 12.40 Powers of Three. 1.25 European Poker Tour. 2.25 World Sport. (R) (T) 2.50 Ocean Race. (R) (T) 3.45 King of the Hill. (R) (T) 4.10 Switched. (R) (T) 4.35 Beauty & the Geek. (R) (T) 5.20 St Elsewhere. (R)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

FIVE

6.00 Milkshake!: The Milkshake! Show. (R) (T) 6.25 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Mio Mao. (R) (T) 9.00 Little Loggers. (R) (T) 9.05 Family! (T) 9.15 The WotWots. (R) (T) 9.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Nice House. Shame About the Garden: Revisited. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 FILM: Time to Say Goodbye (1997). Drama, starring Eva Marie Saint. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Monkey Life. An infection threatens to sweep through the chimpanzees. (R) (T) 7.30 Five News Update. (T) 8.00 Sea Patrol UK. A stricken chemical tanker is being to drift dangerously close to a sand bank. (T) 8.00 Five News at 9.00 CSI: Miami. A man is boiled to death by toxic acid found in his swimming pool. (T) 10.00 CSI: NY. Stella learns her old mentor Professor Papakota may be connected to the smuggling of Greek artefacts and travels to Greece to investigate. Melina Kanakaredes stars. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The FBI Files. (R) (T) 12.55 SuperCasino. 3.00 UEFA Europa League Football. 3.50 UEFA Europa League Football. 4.40 Boxing Classic. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

Pick of the Day

Russell Brand: Skinned, CH4, 10pm

He's tall, skinny, bizarrely coiffured, like catnip to women and loves West Ham United. What else do you need to know about Russell Brand? Well, it seems, lots — and Russell isn't the sort of celebrity who minds telling you anything you might want to hear from him. His autobiography, My Booky Wook, was a bestseller, and didn't pull any punches. He might not always have painted himself in a great light, but at least it was honest. Russell's career has, as we all know, been dogged by controversy, but he's still going strong. In fact, if anything, he just gets stronger and stronger. Only a few years ago, he was performing stand-up gigs to about 20 people in a Camden pub. Earlier in 2009, thousands flocked to his international tour — and on top of that, he's made a name for himself as an actor thanks to roles in St Trinian's and Forgetting Sarah Marshall. This in-depth interview, conducted by fellow comic Frank Skinner, sees Russell discussing his rise to fame, as well as his often notorious private life. There's also a chance to catch backstage footage from that aforementioned tour.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV News and Weather. (T)

7.00 Emmerdale. Ashley's trip to see Laurel does not go according to plan, Martin is shocked when Charity considers taking Cain's money and leaving, and Adam invites Holly on the lads' night out. (T)

7.30 Grimefighters. Squatters are found in an abandoned Grimsby school, two intrepid street wardens catch a fly-tipper in Dagenham, and grimefighter trainees learn how to deal with needles and blood. (T)

8.00 Coastline Cops. New series. The work of police officers patrolling Britain's 10,500 miles of shoreline and enforcing law and order out at sea. The first episode follows the cops as they deal with drunken sailors and potential terrorist threats during Cowes Week on the Isle of Wight as well as burglars targeting holiday-makers in Lowestoft on the Suffolk coast. Inebriated blues fans cause trouble at a Cumbrian festival, and a girl goes missing in Scarborough, North Yorkshire. Narrated by David Morrissey. (T)

9.00 Robson Green's Wild Swimming Adventure. Two-part documentary in which the actor embraces the burgeoning trend for outdoor swimming by taking to the waters up and down Britain and meeting a host of passionate enthusiasts. He begins by returning to his childhood haunts, and from a shaky start in the freezing River Tyne, Robson explores the more clement waters of the South West. He also draws on the experience of extreme swimmer Lewis Pugh as he focuses on tackling Northumberland's Holy Island. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Christmas Tales: The Story of the Tree. New series. In the first of three programmes exploring festive myths, Fiona Phillips looks at the Christmas tree, revealing how retailer Frank Woolworth started a new tradition. (T)

11.35 In Plain Sight. After a blue-blooded Wall Street investor exposes his boss's fraud, he volunteers to give up his fortune to be safeguarded under the witness protection programme. (T)

12.30 Premiership Rugby Union. (R) ITV News Headlines. 1.20 Loose Women. (R) 2.10 The Jeremy Kyle Show. (R) (T) 3.05 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamadas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 Jogos 2100 30 Minutos 2130 Jogo Duplo 2200 Telerural 2300 Serviço de Saúde 0030 Film 0245 Terminator: The Sarah Connor Chronicles, series 0330 Amor e Intrigas 0430 Telesales 0605 Nôs

RTP2

0715 Zig Zag 1400 Film 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 Bairro Alto 0030 A Meia Noite 0130 Câmara Clara 0240 Discovery Hour 0340 Euronews

SIC

0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraiso 1900 Nôs Por Cá 2000 News 2200 Perfeto Coração 2300 Viver a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI

0700 Diário Da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Jersey Girl, film 0230 Sempre a Somar 0400 Heróis, series 0530 Telesales

BBC3

7.00 Doctor Who 7.50 The Real Hustle 8.00 Mad About the House 9.00 Alesha Dixon: Who's Your Daddy? 10.00 EastEnders 10.30 Don't Get Screwed 11.00 Family Guy 11.20 Family Guy 11.45 Alesha Dixon: Who's Your Daddy? 12.45 Mad About the House 1.45 The noughties - was that it? 2.45 Young Chef of the Year 3.45 Mad About the House 4.45 Don't Get Screwed 5.15 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Dusty Bluebellies 8.00 Life 9.00 Hop, Skip and Jump: The Story of Children at Play 10.00 We Need Answers 10.30 Bennett on Bennett 10.40 A Woman of No Importance 11.30 The Beatles 12.30 Hop, Skip and Jump: The Story of Children at Play 1.30 We Need Answers 2.00 Sing the Beatles 3.00 Hop, Skip and Jump: The Story of Children at Play 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Gossip Girl 8.00 Totally You've Been Framed! 9.00 I'm a Celebrity: Unforgettable Trials 10.00 Film: Total Recall 18 (1990) 12.20 I'm a Celebrity: Unforgettable Trials

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Trials 1.20 Emmerdale 1.50

Teleshopping 2.50 The Montel Williams Show 3.20 Teleshopping 4.50 Gossip Girl 5.35 ITV2 Nightscreen
Sky1
1.00 Project Catwalk 2.00 Angela and Friends 3.30 Sell Me The Answer 4.30 Lion Man 5.00 Futurama 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 8.00 The Simpsons 8.00 Stargate Universe 9.00 Fringe 10.00 House 11.00 Lie to Me 12.00 Road Wars 1.00 Ross Kemp on Gangs 1.50 Road Wars 2.45 Road Wars 3.10 UK Border Force 4.05 So You Think You're Royal? 4.55 Bite Size Brainiac 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.20 Steptoe and Son 2.00 dinnertables 2.40 The Thin Blue Line 3.20 First of the Summer Wine 4.00 One Foot in the Grave 4.55 Last of the Summer Wine 5.35 As Time Goes By 6.15 Steptoe and Son 6.55 dinnertables 7.35 Only Fools and Horses 9.00 The Vicar of Dibley 9.55 Only Fools and Horses 11.00 Absolutely Fabulous 11.30 Men Behaving Badly 12.20 Vic Reeves Big Night Out 12.55 Absolutely Fabulous 1.35 Men Behaving Badly 2.10 The Two Ronnies 2.45 The Dick Emery Show 2.55 Startruck Classics 3.00 Close

TCM

1.00 Stop the World - I Want to Get Off PG (1966) 3.00 Along Came Jones U (1945) 4.40 Operation Pacific U (1951) 6.50 The Stalking Moon PG (1968) 9.00 Fame 15 (1980) 11.30 Lost in America 15 (1985) 1.20 Superfly 18 (1972) 3.00 Teleshopping 5.00 Stop the World - I Want to Get Off PG (1966)

The Disney Channel

Kids' programmes from 7am

Sky Movies Drama

6.50 Pictures of Hollis Woods PG (2007) 8.30 Sweet Nothing in My Ear PG (2008) 10.10 A Christmas Wedding PG (2006) 11.45 Schindler's List 15 (1993) With Liam Neeson. 3.00 Uncut Valor 15 (1983) With Gene Hackman. 4.50 Arlington Road 15 (1999) With Jeff Bridges. 6.50 Rendition 15 (2007) With Reese Witherspoon. 9.00 The Hunting Party 15 (2007) With Richard Gere. 10.45 The Bone Collector 15 (1999) With Denzel Washington. 12.50 Inserts 18 (1975) With Richard Dreyfuss. 2.55 Mc's Better Blues 15 (1990) With Denzel Washington. 5.15 Redemption of the Ghost PG (2001)

Sky Movies Action/Thriller

6.15 Johnny Handsome 15 (1989) 8.00 Next of Kin 15 (1989) 10.00 Plunkett & Macleane 15 (1999) 12.00 Johnny Handsome 15 (1989) With Mickey Rourke. 1.45 Die Hard 2 18 (1990) With Bruce Willis. 4.00 Iron Man 12 (2008) With Robert Downey Jr. 6.20 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 8.00 Die Hard 2 18 (1990) With Bruce Willis. 10.05 Iron Man 12 (2008) With Robert Downey Jr. 12.15 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 1.55 Body of Evidence 18 (1992) With Madonna. 3.40 Next of Kin 15 (1989) 5.30 Point Last Seen PG (1998)

Sky Movies Comedy

6.40 Commandments 15 (1987) 8.15 Slap Shot 3: The Junior League 12 (2008) 9.50 Wedding Daze 15 (2008) 11.25 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 12.50 Fool's Gold 12 (2008) With Matthew McConaughey. 2.45 Commandments 15 (1987) With

Sky Movies Comedy

6.40 Commandments 15 (1987) 8.15 Slap Shot 3: The Junior League 12 (2008) 9.50 Wedding Daze 15 (2008) 11.25 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 12.50 Fool's Gold 12 (2008) With Matthew McConaughey. 2.45 Commandments 15 (1987) With

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SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v West Indies. 7.00 Good Morning Sports Fans 9.00 Netbusters 9.30 SPL Round-Up 10.00 Football League 11.30 Soccer AM: The Best Bits 12.30 Netbusters 1.00 SPL Round-Up 1.30 Football League 2.00 Soccer AM: The Best Bits 4.00 Netbusters 4.30 NFL: America's Game 5.30 Football Asia 6.00 A-League 6.30 Revista De La Liga 7.30 Soccer Special 10.00 Football Asia 10.30 A-League 11.00 NFL: America's Game 12.00 Football Asia 12.30 UEFA Champions League Goals 1.30 Revista De La Liga 2.30 Football Asia 3.00 A-League 3.30 UEFA Champions League Goals 4.30 Revista De La Liga 5.30 Football Asia

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Afterburn 8.00 IRB Rugby Sevens 11.00 Test Cricket 1.00 London Night Jump 2.00 IRB Rugby Sevens 5.00 Test Cricket 7.00 Live UEFA Champions League. VfL Wolfsburg v Manchester United (Kick-off 7.45pm). 10.00 UEFA Champions League Goals 11.00 Revista De La Liga 12.00 Test Cricket 2.00 Close

Sky Sports 3

6.30 Great Run Series 7.00 London Night Jump 8.00 British Rally Championship 9.00 Poker 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Show Jumping 1.00 British Rally Championship 2.00 Powder Adventures 2.30 Wild Spirits 3.00 Poker 5.00 WWE: Smackdown 7.00 European Tour Golf 8.00 Test Cricket 10.00 Bowls 12.00 Pool 1.00 Sports Unlimited 2.00 Close

British Eurosport

7.35 Eurogoals 8.15 Live Curling. Scotland v Germany. 11.00 Sky Jumping 12.00 Champions Club 1.30 Live Snooker: UK Championship. Second-round coverage from Telford. 5.00 Live Curling. Scotland v Norway. 6.00 Eurogoals Flash 6.10 Live Curling. Scotland v Norway. 7.00 Destination Dakar 7.15 Live Snooker: UK Championship. The second round reaches a conclusion. 10.00 Freeride Spirit Show 10.15 World Touring Car Championship 11.15 Destination Dakar 11.30 Sky Jumping 12.30 Close

Sky Sports Xtra

4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Sports Unlimited 6.00 Powder Adventures 6.30 London Night Jump 7.30 Live UEFA Champions League. Chelsea v Apoel Nicosia (Kick-off 7.45pm). 10.00 Davis Cup Tennis 11.00 Powder Adventures 11.30 European Tour Golf 12.30 Davis Cup Tennis 1.30 Powder Adventures 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (T) BBC News. Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic. (T) BBC News. Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News. Weather. (T) 1.30 Regional News. Weather. (T) 1.45 Doctors. (T) 2.15 Murder. She Wrote. (R) (T) 3.00 BBC News. Weather. Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.35 CBBC: Tronji. (R) (T) 3.55 ChuckleVision. (R) (T) 4.10 Pedro and Franksheep. (R) (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 Blue Peter. (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (T)

6.00 BBC News. Weather. (T)

6.30 Regional News Programmes. Weather. (T)

7.00 The One Show. Topical magazine show, presented by Adrian Chiles and Christine Bleakley. (T)

7.30 Big Top. Showtime looms in the big top and Circus Maestro's most popular performer has broken both legs from diving 50 feet into a suitcase. It is up to Lizzie to find a replacement act but the only willing volunteer is Boyco the acrobat. Rather than risk the most talented member of the troupe's safety, it looks like Lizzie may have to perform the feat herself. Comedy, starring Amanda Holden. (T) BBC News. Regional News. (T)

8.00 Waterloo Road. Kim steps in when she realises that Cassie is being bullied by Amy, Siobhan and Michaela, but the girl ends up in hospital after harming herself. When one of the pupils discovers Helen's home address on a networking site, a school gang wrecks her flat, while Rachel struggles to keep Max's marriage a secret from Kim. Eva Pope and Tom Chambers star. (T)

9.00 **Spooks**. An informant who could allow an almost bankrupt British government access to #1billion refuses to share vital data - and a group of assassins is looking for him as intently as Ros. (T)

10.00 BBC News. (T)

10.25 Regional News. Weather. (T)

10.35 The National Lottery Draws. Carole Machin announces the all-important numbers. (T)

10.45 Hot Planet. Professors Iain Stewart and Kathy Skyes provide an insight into the possible consequences of the temperature on Earth rising by one, two and three degrees centigrade. Based on the findings of over 4,000 climate scientists, the experts explain the different scenarios that would result, and the technology that is currently being devised to avoid widespread damage to human societies and ecosystems. (T) National Lottery Update. (T)

11.45 FILM: Black Jack: In the Money (2005). Detective drama, starring Colin Fries. (T) Weatherview. (T)

1.20 Sign Zone: Antiques Roadshow. (R) (T) 2.20 Sign Zone: Country Tracks. (R) (T) 3.15 Sign Zone: James May's Toy Stories. (R) (T) 4.15 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big B Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Ping. (R) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Ed and Ocho's Excellent Inventions. (R) (T) 8.00 Wait for It! (R) (T) 8.30 CBeebies: Ping. (R) 8.35 Ping. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokoi Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 See Hear. (T) 11.30 The Pre-Budget Report. (T) 2.30 Live Snooker: UK Championship. The opening sessions of the first two quarter-finals. (T) 5.15 Escape to the Country. (R) (T) 6.00 Celebrity Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Live Snooker: UK Championship. Hazel Irvine introduces further coverage of the ranking tournament at the Telford International Centre, featuring the concluding sessions of the first two quarter-finals. (T) 8.00 Top Gear. With guest Guy Ritchie. (R) (T) 9.00 Horizon. The impact of population growth on the planet. (T) 10.00 Never Mind the Buzzcocks. With Carol Vorderman, DJ Ironik, Jon McClure and Richard Herring. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Snooker: UK Championship. (T) 12.10 Being Alan Bennett. (R) (T) 1.10 BBC News. (T) 4.15 Close.

Pick of the Day

Spooks, BBC1, 9pm

The chances are that, if you're an obsessive Spooks fan, you'll have already seen this episode on BBC1 last Friday. For those with busy social calendars, or those who just want to bask in the show's brilliance once again, it's repeated tonight on BBC1 and sees the team trail a rogue informant in order to retrieve millions of pounds in illegal earnings and prevent Britain from bankruptcy. With the country close to economic collapse, MI5 orders informant Ryan Baisley to hand over the details of accounts thought to hold more than £1billion in illegal earnings, but he has other ideas. Ros is dispatched to bring him in, but a team of assassins are also on his trail. Can Ros track down the rogue before the team of trained killers can silence him forever? Meanwhile, Ruth's investigations into the power meeting at Basel pay off when she discovers something called 'Nightingale'. Can the team find out what, or who, Nightingale is? The cast includes Hermione Norris, Peter Hirsh, Nicola Walker and Richard Durden, while Trainspotting actor Ewen Bremner guest stars as Ryan Baisley.

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Small Railway Journeys. (R) (T) 12.50 Wife Swap USA. (T) 1.45 FILM: Paths of Glory (1957). World War One drama, starring Kirk Douglas. (T) (bw) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. Disaster strikes for Anita at the students' Christmas party. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Workout: Monkey Business. Trapping unruly macaques in Delhi. (T) 8.00 Kirstie's Homemade Christmas. Kirstie Allsopp devises presents for her friends and family. (T) 9.00 The Family. Arvinder pulls out all the stops to get rid of a rat that has appeared in the kitchen, and Jeet is off to India for a month to see his family. (T) 10.00 True Blood. Sookie suspects Sam is the serial killer, but he insists he is not and shares his secret with her. Elsewhere, Bill waits for Magister to decide his fate. (T) 11.10 Cast Offs. (T) 12.10 4Music: 360 Sessions. (T) 12.45 4Music: 4Play: The Temper Trap. (T) 12.55 4Music: This Week's 4Music Top 20. 2.55 The Dead Zone. (R) (T) 3.40 King of the Hill. (R) (T) 4.10 The Invasion. 4.25 St Elsewhere. (R) 5.15 St Elsewhere. (R)

FIVE

6.00 Milkshake!: The Milkshake! Show. (R) (T) 6.25 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerfots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 9.00 Little Lodgers. (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 9.30 The 10.15 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Nice House. Shame About the Garden: Revisited. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 The Family Recipe. (R) (T) 3.10 FILM: Wishing Well (2009). Premiere. Fantasy drama, starring Jordan Ladd. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Highland Emergency. The Royal Navy search team rescues a seriously injured climber. (R) (T) 7.30 Five News Update. (T) 8.00 Britain's Best Brain. A maths student, a police sergeant, an information officer, an area cleaning manager and an environmental consultant battle it out. Zoe Ball and Jamie Theakston present. (T) 8.00 Five News at 9. 9.00 FILM: Erin Brockovich (2000). A mother accepts a job at a law firm and takes on a company suspected of poisoning a town. Fact-based drama, starring Julia Roberts and Albert Finney. (T) 11.40 The Sexy Ads Show. (T) 12.10 Poker. (T) 1.35 SuperCasino. 3.00 UEFA Europa League Football. 3.45 UEFA Europa League Football. 4.00 UEFA Europa League Football. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight. Weather. (T)

6.30 ITV News and Weather. (T)

7.00 Emmerdale. Ashley struggles to keep his distance from Sally, and Doug decides he is ready to apologise, but flies off the handle when he catches the pair drinking wine together. Holly is stunned by Aaron's sudden indifference toward her and wonders whether he has moved on, Maisie is intrigued when Ryan flirts with her at the bar and Sam struggles to keep Olena's presence a secret. (T)

7.30 UEFA Champions League Live. Olympiakos v Arsenal (Kick-off 7.45pm). Steve Rider presents coverage of this evening's matchday six game at the Karaiskakis Stadium, as the sides conclude their Group H campaigns. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 UEFA Champions League: Extra Time. Jim Rosenthal presents highlights of this evening's final group fixtures, including Liverpool v Fiorentina at Anfield, Olympiakos v Arsenal at the Karaiskakis Stadium and Sevilla v Rangers at the Estadio Ramon Sanchez Pizjuan. With commentary by Clive Tyldesley and Peter Dury, and analysis by Robbie Earle and Gabriele Marcotti. (T)

12.00 Nightwatch with Steve Scott: Action Stations; (R)

(T) ITV News Headlines. 12.55 Loose Women. (R)

1.40 The Jeremy Kyle Show. (R) (T) 2.35 So You Think You're Insured?: Tonight. (R) (T) 3.00 ITV Nightscreen.

(R) - repeat programme;
(T) - programme w/ tele
text subtitles;
(S) - programme broadcast
in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Linha da Frente 2130 O Que Se Passou Foi Isto 2200 Jogo Duplo 2300 Contra Informação 0100 Film 0330 Amor e Intrigas 0430 Tele sales 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 2000 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Chuck, series 2330 Documentary 0030 5 Para A Meia Noite 0130 Universidade 0200 Bastidores 0230 Biosfera 0315 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Parada 1900 Nôs Por Cá 2000 News 2200 Cenas do Casamento 2300 Viva a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Lord of War, film 0230 Sempre a Somar 0400 Heroes, series 0530 Tele sales

Best of the Rest

BBC3
7.00 Doctor Who 7.50 The Real Hustle Las Vegas 8.00 Mad About the House 9.00 Young Chef of the Year 10.00 Don't Get Screwed 10.30 Family Guy 10.50 Family Guy 11.15 Spooks 12.15 Alesha Dixon: Who's Your Daddy? 1.15 the noughties - was that it? 2.15 Don't Get Screwed 2.45 The Real Hustle 3.15 Alesha Dixon: Who's Your Daddy? 4.15 Young Chef of the Year 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Versailles Stories 8.00 Russia. A Journey with Jonathan Dimbleby 9.00 Art of Russia 10.00 Bennett on Bennett 10.10 Talking Heads 10.45 We Need Answers 11.15 Wallander 12.40 Mark Lawson Talks to Alan Bennett 1.40 We Need Answers 2.10 Art of Russia 3.10 Mark Lawson Talks to Alan Bennett 4.10 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Harry Hill's the Best of TV Burp 7.30 Grimefighters 8.00 Gossip Girl 9.00 I'm a Celebrity: Jungle Gems 10.00 Film: The Chronicles of Riddick 15 (2004) 12.20 I'm a Celebrity: Jungle Gems 1.20 Emmerdale 1.50 Teleshopping 2.50 Hey Paula! 3.10 Teleshopping 5.10 Gossip Girl

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MOVIES

Sky Movies Drama

7.15 The Perfect Wife PG (2000) 9.00 The Trench 15 (1999) 10.45 Cleaverville 12 (2007) 12.30 Innocent Moves PG (1993) With Joe Mantegna. 2.30 35MM 3.00 Black Snake Moan 15 (2006) With Samuel L. Jackson. 5.00 Heartbeat 15 (1987) With Meryl Streep. 7.00 Georgia Rule 15 (2007) With Jane Fonda. 9.00 Deception 15 (2008) With Hugh Jackman. 11.00 Indecent Proposal 15 (1993) With Demi Moore. 1.00 Daylight Robbery 15 (2007) With Geoff Bell. 2.45 And Justice for All 18 (1979) With Al Pacino. 4.50 Alex Zane's Guest List 5.20 Malpractice PG (2001)

Sky Movies Comedy

6.40 Bottle Rocket 15 (1996) 8.15 Alex Zane's Guest List 8.45 Without a Paddle: Nature's Calling 12 (2008) 10.20 Fierce Creatures 12 (1997) 12.00 Surf's Up PG (2007) With Jeff Bridges. 1.30 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 1.45 Sneakers 12 (1994) With Kevin Spacey. 2.15 Sneakers 12 (1994) With Kevin Spacey. 2.45 Sneakers 12 (1994) With Kevin Spacey. 3.15 Sneakers 12 (1994) With Kevin Spacey. 3.45 Sneakers 12 (1994) With Kevin Spacey. 4.15 Sneakers 12 (1994) With Kevin Spacey. 4.45 Sneakers 12 (1994) With Kevin Spacey. 5.15 Sneakers 12 (1994) With Kevin Spacey. 5.45 Sneakers 12 (1994) With Kevin Spacey. 6.15 Sneakers 12 (1994) With Kevin Spacey. 6.45 Sneakers 12 (1994) With Kevin Spacey. 7.15 Sneakers 12 (1994) With Kevin Spacey. 7.45 Sneakers 12 (1994) With Kevin Spacey. 8.15 Sneakers 12 (1994) With Kevin Spacey. 8.45 Sneakers 12 (1994) With Kevin Spacey. 9.15 Sneakers 12 (1994) With Kevin Spacey. 9.45 Sneakers 12 (1994) With Kevin Spacey. 10.15 Sneakers 12 (1994) 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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (R) 2.15 Murder, She Wrote. (R) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.35 CBBC: Tronj. (R) (T) 3.55 ChuckleVision. (R) (T) 4.10 Pedro and Franksheep. (R) (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 The Sarah Jane Adventures. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Phil puts more pressure on Max to come up with the money or face the consequences, but as the bailiffs pay a second visit to the Brannings' home, he quickly runs out of options. Bradley makes a surprise admission to Stacey when she arrives back on the Square, and Tony's trial descends into chaos. (T) BBC News; Regional News. (T)

8.00 DIY SOS: The Big Build. In a Children in Need special, Nick Knowles and the team meet a father and his four children who have spent four years living in a caravan in their garden after a succession of disasters forced them out of their one-bedroom house. The team has two weeks to renovate the property and build an extension suitable for the whole family. There is also a look at how the charity's sponsored projects are helping a nationwide housing problem. (T)

9.00 Gavin & Stacey. Bryn is in his element as he awaits the arrival of the Essex boys, who are having a big night out in Cardiff and staying for a sleeper, but Smithy is concerned about seeing Nessa again after their last meeting. Meanwhile, Stacey tells Gavin about a worrying discovery, and Pam and Mick discuss their plans for a new conservatory. (T)

9.30 QI. Liza Tarbuck, Phill Jupitus and Sean Lock join regular panellist Alan Davies to answer questions on the subject of games, with points awarded for the answers host Stephen Fry finds most interesting. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Sking Weather. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Life. (R) (T) 1.55 Sign Zone: Countryfile. (R) (T) 2.50 Sign Zone: Ray Mears' Northern Wilderness. (R) (T) 3.50 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Ed and Ocho's Excellent Inventions. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokoi Jakamoko! Totol! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open House. (R) (T) 1.30 Live Snooker: UK Championship. The remaining two quarter-finals. (T) 5.15 Escape to the Country. (R) (T) 6.00 Celebrity Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Live Snooker: UK Championship. Hazel Irvine introduces further coverage from the Telford International Centre, featuring the concluding frames in the third and fourth quarter-finals. (T) 8.00 The Restaurant. The contestants hold cookery masterclasses. (T) 9.00 Natural World. A rescue centre for gibbons in Borneo. (T) 9.50 Wonderland: Alzheimer's: The Musical. A Bristol choir made up of people with Alzheimer's and their spouses. Last in the series. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Snooker: UK Championship. (T) 12.10 Horizon. (R) (T) 1.10 BBC News. (T) 3.50 Close.

Pick of the Day

QI, BBC1, 9.30pm

Good old QI. The format never changes, and yet we never grow tired of watching it. Now, why should that be? Is it because the set itself is so fascinating, or that the questions are enthralling mind-tinklers? Of course not. It doesn't take somebody with an IQ the size of Stephen Fry's to work out that much of the programme's appeal is down to the host himself. Not only is he quick-witted, knowledgeable and highly amusing, he's also got that indefinable cosy quality that compels us to tune in again and again. Apparently, John Cleese once told him he'd never be happy until he stopped being so polite. Well, Mr Cleese, there are those of us who adore Stephen for being his pleasant, smiley self. He's also half the man he used to be. Well, not quite, but he has lost six stone since the beginning of the year, so if you haven't seen him since the media leapt on the story, prepare yourself for a surprise — he's now cutting a rather more svelte figure than we've been accustomed to in the past. The current run of QI is the longest to date with 16 episodes. It also features subjects beginning with the letter G. So, answering questions about Games this week will be Phill Jupitus, Sean Lock, Liza Tarbuck and, of course, regular panellist Alan Davies.

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. A power cut exposes Chandler to temptation. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Wife Swap USA. (T) 1.25 FILM: The African Queen (1951). Romantic adventure, starring Humphrey Bogart and Katharine Hepburn. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Monkey Business. A chimpanzee with a vocabulary of 120 words. (T) 8.00 Kirstie's Homemade Christmas. Kirstie Allsopp prepares for a festive party, using gold leaf to create glamorous mince pies, making chocolate truffles, and turning toilet rolls into crackers. Last in the series. (T) 9.00 Kidnapped by the Kids. Two children force their workaholic father to spend time with them. (T) 10.00 Alan Carr: Chatty Man. With Miley Cyrus, Michael McIntyre and Chris Evans. (T) 10.50 Without a Trace. (T) 11.50 FILM: William Shakespeare's Romeo & Juliet (1996). Romantic drama, starring Leonard DiCaprio and Claire Danes. (T) 2.05 FILM: The Final Curtain (2002). Satirical comedy, starring Peter O'Toole. (T) 3.30 The Dead Zone. (R) (T) 4.20 Dispatches: Christmas on Credit. (R) (T) 5.15 St Elsewhere. (R)

FIVE

6.00 Milkshake!: The Milkshake! Show. (R) (T) 6.25 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Mio Mao. (R) (T) 9.00 Little Lodgers. (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Nice House, Shame About the Garden: Revisited. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Undercover Angel (1998). Premiere. Romantic drama, starring Dean Cain. (T) 5.00 Five News with Natasha Kaplinsky. (R) (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Building the Ultimate. An insight into the evolution of the modern commercial passenger jet, the result of 50 years of research, experimentation and setbacks — some of them tragic. (R) (T) 7.30 Five News Update. (T) 8.00 Casino: The True Story. Events that inspired the 1995 Martin Scorsese film. (T) 8.00 Five News at 9. (T) 9.00 FILM: Striking Distance (1993). A troubled cop hunts the serial killer who murdered his father. Thriller, starring Bruce Willis, Sarah Jessica Parker and Dennis Farina. (T) 11.05 CCTV Cakes. (R) (T) 12.05 SuperCasino. 4.00 NFL Replay. (R) 4.45 HouseBusters. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV News and Weather. (T)

7.00 Emmerdale. Aaron almost crashes his car after the night out, and responds to the stress by trying to kiss Adam. Charity wonders if she will ever get through to Debbie, and Olena is discovered. (T)

7.30 River Monsters. Jeremy Wade travels to Texas on a hunt to reveal the truth about the notorious alligator gar, a species of fish reputed to have committed a number of violent attacks on humans. (T)

8.00 Emmerdale. Aaron is shocked by his actions and snaps at Paddy and Chas, before pushing Lizzie. Elsewhere, Ashley falls victim to the local gossip after he is spotted in the village with Sally. (T)

8.30 Coronation Street. After getting no sympathy from Deirdre over the planned bar, Ken stages a protest meeting in the Rovers. Dev is surprised to see his twins in Matt's car and Carla cancels Christmas. (T)

9.00 The Bill. Grace is summoned to a Soho brothel, where a woman is holding a man at knife-point, demanding to know the whereabouts of her missing sister. Ian Kelsey guest stars. (T)

10.00 ITV News at Ten and Weather. (T)

10.35 Martin Clunes: Islands of Britain. The actor concludes his journey by exploring land off the south coast of England, including Sark, St Michael's Mount, the Isles of Scilly and Guernsey. Last in the series. (R) (T)

11.35 October Road. Nick is torn between Hannah and Aubrey. Physical Phil decides to make a huge change in his life, and Ray tells Owen about Alison and Ike's secret relationship. Last in the series. (T)

12.30 Motorsport UK. (T) 1.20 The Cosby Mysteries; (T) (T) ITV News Headlines. 2.10 Loose Women. (R)

3.00 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

Best of the Rest

MOVIES

SPORT

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2100 News 2100 Grande Entrevista 2140 News Lugar Para Viver 2230 Jogo Duplo 2330 Corredor do Pódio 0030 Quarto Crescente 0130 Film 0300 Amor e Intrigas 0430 Teleales 0630 News

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 Discovery Hour 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 2000 Zig Zag 2045 Two and a Half Men, series 2115 Discovery Hour 2200 News 2240 Supernatural, series 2330 Documentary 0030 5 Para A Meia Noite 0130 Iniciativa 0215 Discovery Hour 0315 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraiso 1900 Nós Por Cá 2000 News 2200 Cenas do Casamento 2300 Viver a Vida 0045 NCIS, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0045 The Starter Wife, series 0200 Cartaz das Artes 0230 Sempre a Somar 0400 Heróis, series 0530 Teleales

BBC3

7.00 Doctor Who 7.45 The Real Hustle Las Vegas 8.00 Stuart: The Day My Life Changed 9.00 The World's Strictest Parents 10.00 EastEnders 10.30 Russell Howard's Good News 11.30 Family Guy 11.50 Family Guy 12.15 Gavin & Stacey 12.45 The World's Strictest Parents 1.45 Russell Howard's Good News 2.45 Stuart: The Day My Life Changed 3.45 Gavin & Stacey 4.15 Britain's Really Disgusting Food 5.15 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Return to Pembrokeshire Farm 8.00 Hop, Skip and Jump: The Story of Children at Play 9.00 A History of Christianity 10.00 Bennett on Bennett 10.10 Talking Heads 2 10.50 Our Winnie 11.35 The Thick of It 12.05 A History of Christianity 1.05 The Sky at Night 1.35 Timeshift: How to Solve a Cryptic Crossword 2.35 Return to Pembrokeshire Farm 3.05 A History of Christianity 4.05 Close

ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judy Judy 6.45 Beat the Star 8.00 Totally You've Been Framed! 9.00 I'm a Celebrity: Jungle Kings and Queens 10.00 Film: Miami Vice 15 (2006) 12.40 Coronation Street 1.10 I'm a Celebrity: Jungle Kings and Queens

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2.10 Emmerdale 2.35 Emmerdale 3.00 Teleshopping 3.30 Ricki Lake 4.50 Teleshopping 5.05 Gossip Girl 5.50 ITV2 Nightscreen

Sky 1

1.00 Project Catwalk 2.00 Angel and Friends 3.30 Sell Me The Answer 4.30 Lion Man 5.00 Futurama 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 The Simpsons 9.00 Bones 10.00 Lie to Me 11.00 Naked Britain 11.30 Naked Britain 12.00 Road Wars 1.00 Road Wars 1.25 Ross Kemp on Gangs 2.20 UK Border Force 3.15 X-Weighted 4.10 So You Think You're Royal? 5.05 Bite Size Brainiac 5.10 Are You Smarter Than a 10 Year Old? 5.10

GOLD

1.00 Stepoe and Son 1.40 Last of the Summer Wine 2.20 Porridge 3.00 First of the Summer Wine 3.40 Jam & Jerusalem 4.20 dinnerlads 5.00 As Time Goes By 5.40 Stepoe and Son 6.20 Only Fools and Horses 7.25 The Green Green Grass 8.20 Last of the Summer Wine 9.00 Yes Minister 10.20 Only Fools and Horses 11.00 Absolutely Fabulous 11.40 Men Behaving Badly 12.20 The New Adventures of Old Christine 12.50 Absolutely Fabulous 1.30 The Two Ronnies 2.25 Men Behaving Badly 3.00 Close

TCM

1.00 Jack Frost PG (1998) 3.00 Murder at the Gallipoli (1963) 4.35 Posse PG (1975) 6.25 The Silver Chalice U (1954) 9.00 Dolores Claiborne 18 (1995) 11.30 City Heat 15 (1984) 1.25 Looker 15 (1981) 3.00 Teleshopping 5.00 Jack Frost PG (1998)

The Disney Channel

Kids' programmes from 7am, except:

Sky Movies Drama

7.00 The War PG (1994) 9.10 No Reservations PG (2007) 11.00 A Christmas Wedding PG (2006) With Sarah Paulson. 12.40 Ride with the Devil 15 (1999) With Tobey Maguire. 3.05 Imaginary Playmate 12 (2006) With Dina Meyer. 4.40 35MM 5.10 Joshua 15 (2007) With Sam Rockwell. 7.00 A Civil Action 15 (1998) With John Travolta. 9.00 Things We Lost in the Fire 15 (2007) With Halle Berry. 11.00 Stop-Loss 15 (2008) With Ryan Phillippe. 1.00 Body Shops 18 (1999) With Sean Patrick Flanery. 3.00 What's Love Got to Do with It 18 (1993) With Angela Bassett. 5.00 The Top 10 Show 5.20 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

6.30 The Great White Hype 15 (1996) 8.05 Police Academy II: Their First Assignment 15 (1985) 9.35 Brewster's Millions PG (1985) 11.00 What Happens in Vegas 12 (2008) With Cameron Diaz. 1.05 Superhero 2.35 Life 15 (1999) With Eddie Murphy. 4.35 Monty Python's The

Meaning of Life 15 (1983) With Michael Palin. 6.30 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 8.00 What Happens in Vegas 12 (2008) With Cameron Diaz. 9.45 Brewster's Millions PG (1985) With Richard Pryor. 11.30 Superhero Movie 12 (2008) With Drake Bell. 1.00 Evil Dead II 18 (1987) With Bruce Campbell. 2.30 Monty Python's The Meaning of Life 15 (1983) With Michael Palin. 4.30 Stop! Or My Mom Will Shoot PG (1992)

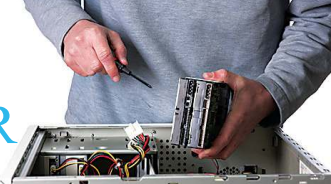
Sky Movies Action/Thriller

6.10 Breach 12 (2007) 8.00 Dragon: The Bruce Lee Story 15 (1993) 10.05 Gone in 60 Seconds 15 (2000) 12.05 Chaos 15 (2005) With Jason Statham. 1.55 Breach 12 (2007) With Chris Cooper. 3.45 Tombstone 15 (1993) With Kurt Russell. 5.55 Dragon: The Bruce Lee Story 15 (1993) With Jason Scott Lee. 8.00 Chaos 15 (2005) With Jason Statham. 10.00 Wanted 18 (2008) With James McAvoy. 12.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 2.10 The Corruptor 18 (1999) With Chow Yun-Fat. 4.15 Copperhead 18 (2008)



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BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic. (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) 3.00 BBC News: Weather. Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.35 CBBC: Tronji. (R) (T) 3.55 Chuckle/Vision. (T) 4.10 Pedro and Franksheep. (R) (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 The Sarah Jane Adventures. (R) (T) 5.00 Newsround. (T) 5.15 Weakest Link. General knowledge quiz. (R) (T) 6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T) BBC News: Regional News. (T) EastEnders. In court. Whitney finally faces up to what Tony did to her as he protests his innocence. Back on the Square, Syd begs Bradley to reconsider his decision to stick around for Stacey, and Tanya is horrified by the extent of Max's deceit when bailiffs start removing her possessions from the salon. (T) 8.30 A Question of Sport. Former tennis star Tim Henman, London Irish and England rugby union player Dean Armitage, 2008 World Snooker Championship runner-up Ali Carter and Tottenham Hotspur and England striker Peter Crouch join team captains Matt Dawson and Phil Tufnell for the quick-fire quiz. Hosted by Sue Barker. (T) 9.00 Have I Got News for You. Actor Dominic West hosts the satirical quiz which sees James May and Peggineal D Hunter-judging regular team captains Paul Merton and Ian Hislop. (T) 9.30 Live at the Apollo. Bafta-nominated actor Rob Brydon hosts the comedy show from the Hammersmith Apollo, and welcomes Sarah Millican and Jason Byrne. (T) 10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 Friday Night with Jonathan Ross. The host is joined by DJ Terry Wogan, who is stepping down as host of the Radio 2 breakfast show on December 18 after nearly 17 years. He also welcomes British Formula One driver Jenson Button, who won the 2009 World Championship with Brawn GP and will partner Lewis Hamilton at McLaren from next year, and American tennis legend Andre Agassi, winner of eight Grand Slam singles titles in his career. Music is provided by N-Dubz. (T) 11.35 The National Lottery. EuroMillions Draw. OJ Borg presents the draw. (T) 11.45 FILM: Perfect Creature (2006). Premiere. Vampire thriller, starring Dougray Scott; (T) Weatherthru. (T) 1.20 Sign Zone: My Supermodel Baby. (R) (T) 2.05 Sign Zone: Black Widow Granny? (R) (T) 3.00 Sign Zone: School of Saatchi. (R) (T) 4.00 BBC News.



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Eitelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokoi Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open House. (R) (T) 1.30 Live Snooker: UK Championship. The opening session of the first semi-final. (T) 5.15 Escape to the Country. (T) 6.00 Celebrity Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Live Snooker: UK Championship. The concluding session of the first semi-final of the ranking tournament at the Telford International Centre, where the first player to win nine frames will progress to the final. (T) 8.00 We Are Family. The Woollyches try to resolve their differences. (T) 9.00 Victorian Farm Christmas. New series. The farmers celebrate the festive season in Victorian style. (T) 10.00 Beautiful People. The family gets embroiled in the artworld. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.35 Snooker: UK Championship. (T) 12.25 Medium. (R) (T) 1.10 Medium. (R) (T) 1.50 FILM: The Whisperers (1967). British drama, starring Edith Evans. (T) (tw) 3.35 Close.

Pick of the Day

Mister Eleven, ITV1 Tyne Tees, **ITV1** Yorkshire, **9pm** She's been bionic. She's worn a bonnet. She's done battle with Dr Jekyll and Mr Hyde and she almost killed Dirty Den. Is there anything Michelle Ryan can't do? In her latest TV role, she's out to show she can also play a thoroughly modern woman in this touching new romantic comedy. Michelle stars opposite Sean Maguire and Adam Garcia in a love triangle driven by one woman's obsession with numbers. It revolves around an interesting statistic. Did you know that the average British woman will marry their 11th sexual partner? But does Mr Eleven always equal Mr Right? Teacher Saz Paley's (Ryan) love life is driven not by her heart, but by an obsession with numbers. On her wedding day Saz couldn't be more certain that she has found the love of her life. Her husband is heart-throb, Accident and Emergency doctor and all round Mr Perfect, Dan (Maguire). Better than that, he is Mr Statistically Right - Mr Eleven. That is until she finds out that Mr Eleven is actually Mr Ten. A sexual conquest she had counted in her list of lovers is revealed to be a near miss and the news breaks on her wedding day. Handsome Aussie Alex (Garcia) turns up unexpectedly as an old friend's 'plus one'. Alex was Saz's Mr Nine. Until he confesses that she passed out before the deed was done. He's Mr Nearly. Dan has just dropped from Mr Eleven to Mr Ten. As Saz goes into freefall, she reflects on lovers one through to eight as both Dan and Alex wait to see if the course of true love can outsmart the statistics. The two-part drama has a strong supporting cast including Lynda Bellingham, Olivia Coleman and Denis Lawson. No broadcast date has yet been set.

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.55 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.25 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 Back to You. (R) (T) 1.00 Channel 4 Racing from Cheltenham. Including the 2.25 CF Roberts Electrical + Mechanical Services Conditional Jockeys' H'cap Chase (2m 5f). (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 The Boy Who Was Born a Girl. A teenager diagnosed with gender dysphoria. (R) (T) 7.55 3 Minute Wonder: Monkey Business. A woman who harvests coconuts with a monkey. Last in the series. (T) 8.00 Jamie at Home. The chef hosts the perfect barbecue. (R) (T) 8.30 Jamie at Home. The chef uses homegrown winter vegetables. (R) (T) 9.00 David Blaine: Magic Man. The magician performs close-up illusions. (R) (T) 10.00 Comedy Showcase: Guantanamo Phil. A man is arrested on suspicion of being a terrorist. (T) 10.30 The IT Crowd. (R) (T) 11.05 True Blood. (R) (T) 12.15 4Music: Mercury Prize Sessions: Mr Hudson. (T) 12.30 4Music: Little Noise Sessions 2009. 12.55 FILM: Bad News Bears (2005). Premiere. Comedy remake, starring Billy Bob Thornton. (T) 2.55 3 Minute Wonder: Voices. (R) (T) 3.00 Studio 60 on the Sunset Strip. (R) (T) 3.45 Freeports on 4. (R) (T) 4.15 Beach Volleyball. (T) 5.05 St Elsewhere. (R)

FIVE

6.00 Milkshake! The Milkshake! Show. (R) (T) 6.25 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roald the Racing Car. (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerlotos. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The VotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Mio Mao. (R) (T) 9.00 Little Lodgers. (T) 9.05 Family. (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Gaddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 House Doctor. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 FILM: Two Mothers for Zachary (1996). Fact-based drama, starring Vanessa Redgrave. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 The What in the World? Quiz. Science-based panel show, hosted by Marcus Brigstocke. Last in the series; (T) 7.30 Five News Update. (T) 8.00 Axe Men. Men's lives are put at risk by falling logs. (T) 8.00 Five News at 9. 9.00 NCIS. The murder of a Marine's wife is shown live over the internet, and inquiries point to two housewives who were running their own pornographic website, but have since vanished. (R) (T) 10.00 Law & Order: Special Victims Unit. A fugitive sex offender kidnaps his accuser. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 SuperCasino. 4.00 Big Ideas That Changed the World. (R) (T) 4.40 HouseBusters. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) (T) 5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Adam lies to Holly about what happened with Aaron the previous night, who then tries to shut out the events completely. Ashley is dismissive when Sally tries to reel him back in. (T) 7.30 Coronation Street. Ken's plan to start a media campaign against Peter's bar pushes Deirdre to her limit. Dev becomes preoccupied by news of Sunita's engagement, and Carla is shocked by what she finds when she visits Tony in prison. Becky resolves to take the role of Cinderella in the pantomime, and Graeme annoys Norris while on his window-cleaning round. (T) 8.00 Christmas for a Pound: Tonight. (T) 8.30 Coronation Street. Tony drops a final bombshell on Carla by informing her she did not kill Jimmy, and Dev faces losing access to his children after getting into an argument with Sunita and her new fiancé. Peter and Deirdre both react with fury to Ken's latest action against the bar, while Becky and Claire fight it out for the pantomime's star role. (T) 9.00 Mister Eleven. New series. Two-part romantic comedy, starring Michelle Ryan as number-obsessed maths teacher Saz Paley, who is convinced she is doing the right thing by marrying lower number 11, making her a statistically average British woman. However, on her wedding day she learns that nothing actually happened in the bedroom with one of her supposed conquests - making her fiancé Mr Ten. Thrown into turmoil by the revelation, Saz battles to make her heart rule her over-developed sense of logic. Also starring Sean Maguire, Adam Garcia, Denis Lawson, Lynda Bellingham and Olivia Colman. (T) 10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 FILM: The Island (2005). Sci-fi thriller, starring Ewan McGregor and Scarlett Johansson. (T) 1.05 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.00 FILM: Door to Door (1985). Comedy, starring Ron Leibman and Arliss Howard. (T) 3.30 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do meu Sangue da Vida 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Antas Pelo Contrário 2115 Pai à Força 2215 Família. Família 0045 Film 0300 Amor e Intrigas 0430 Teleales
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 Discovery Hour 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 2000 Zig Zag 2045 Two and a Half Men, series 2115 Discovery Hour 2200 News 2240 Mad Men, series 2330 Diga Lá Excelência 0030 5 Para A Meia Noite 0130 Palcos 0300 Bastidores 0330 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 O Cinquenta das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraiso 1900 Nós Por Cá 2000 News 2200 Cenas do Casamento 2300 Viva a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca -channelfsm-TV
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 EuroMillions 2145 Meu Amor 2245 Deixa Que Te Leve 2345 Sentimentos 0100 Keeping the Faith, film 0300 Sempre a Soma 0430 Heroes, series 0530 Teleales

Best of the Rest

BBC3
7.00 Top Gear 8.00 Merlin 8.45 Merlin Secrets and Magic 9.00 Spooks 10.00 EastEnders 10.30 Don't Tell the Bride 11.35 Family Guy 11.55 Family Guy 12.20 Russell Howard's Good News 1.15 Little Britain USA 1.40 Little Britain USA 2.10 Mouth to Mouth 2.40 Mouth to Mouth 3.10 Don't Tell the Bride 4.10 Russell Howard's Good News 5.10 Greek Uncovered 5.25 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Transatlantic Sessions 8.00 For Art's Sake - The Story of Ballets Russes 9.00 The Firebird with the Royal Ballet 10.00 Film: Gimme Shelter 15 (1970) 11.35 We Need Answers 12.05 Only Connect 12.35 The Beatles: On Record 1.35 Storyville - How the Beatles Rocked the Kremlin 2.35 For Art's Sake - The Story of Ballets Russes 3.35 We Need Answers 4.05 Only Connect 4.35 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 The Hot Desk 5.30 Judge Judy 6.30 The X Factor 8.00 The X Factor 9.00 Film: The Last Samurai 15 (2003) 12.00 Film: Passenger 57 15 (1992) 1.35 Coronation Street 2.10 Coronation Street 2.35 Emmerdale 3.00 TeleShopping 5.05 Gossip Girl 5.45 ITV2 Nightscreen
Sky1
1.00 Project Catwalk 2.00 Angela and Friends 3.30 Sell Me the Answer 4.30 Lion Man 5.00 WWE Superstars 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Angela and Friends 9.00 Justin Lee Collins: The Wrestler 10.00 Film: Bad Boys 18 (1995) 12.15 Road Wars 1.15 Ross Kemp on Gangs

2.10 Road Wars 2.35 UK Border Force 3.30 X-Weighted 4.20 So You Think You're Royal? 5.10 Are You Smarter Than a 10 Year Old? **GOLD**
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TCM
1.00 The Bobo PG (1967) 3.00 Young Man with a Horn U (1950) 5.00 Hotel PG (1967) 7.25 The Oklahoman U (1997) 9.00 In Love and War PG (1996) 11.20 Being Human 15 (1994) 1.40 Kansas PacificPG (1953) 3.00 TeleShopping 5.00 The Bobo PG (1967)

The Disney Channel
Kids' programmes from Tam, except: 6.00 Film: The Ultimate Christmas Present U (2000) Family adventure, starring Hallie Hirsch. 9.00 Film: The Ultimate Christmas Present U (2000) Family adventure, starring Hallie Hirsch.

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MOVIES

Sky Movies Drama

7.00 Eye of the Dolphin PG (2006) 8.45 Empire of the Sun PG (1987) 11.20 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 1.20 One True Thing 15 (1998) With Renee Zellweger. 3.30 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis. 5.15 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 7.15 Nights in Rodanthe PG (2008) With Richard Gere. 9.00 PSL Love You 12 (2007) With Hilary Swank. 11.10 Black Snake Moan 15 (2006) With Samuel L. Jackson. 1.10 The Postman Always Rings Twice 18 (1981) With Jack Nicholson. 3.15 The Top 10 Show 3.30 Goodbye Batana 15 (2007) 5.30 35MM

Sky Movies Comedy

6.00 The Rocky Horror Picture Show 15 (1975) 7.45 Patch Adams 12 (1998) 9.45 Police Academy 4: Citizens on Patrol PG (1987) 11.15 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.15 Ghost Town 12 (2008) With Ricky Gervais. 3.00 Mr Woodcock 12 (2007) With Billy Bob Thornton. 4.30 Patch Adams 12

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6.00 Good Morning Sports Fans 8.00 Premier League World 8.30 Live European Tour Golf. The Alfred Dunhill Championship. 10.30 Premier League World 12.00 WWE Special 12.00 Premier League World 12.30 Soccerex 2009 1.00 Wild Sports 1.30 Live European Tour Golf. The Alfred Dunhill Championship. 3.30 Premier League World 4.00 Transworld Sport 5.00 FIFA Futbol Mundial 5.30 Premier League World 6.00 Football League Weekend 7.00 Premier League Preview 7.30 FIFA Futbol Mundial 8.00 Live Friday Fight Night. Lee Haskins v Don Broadhurst. 11.00 Premier League Preview 11.30 World Sport 12.00 Football League Weekend 1.30 Friday Fight Night 5.30 Premier League Preview

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Raw 9.00 WWE Special 10.00 Rugby Union 11.00 European Rugby Union Special 2.00 The Dogs 2.30 Netball 5.00 NFL: Total Access 6.00 NFL 7.30 Live European Cup Rugby Union. Munster v Perpignan (Kick-off 8.00pm). 10.00 Football League Weekend 11.00 NFL: Total Access 12.00 Tight Lines 1.00 European Cup Rugby Union 3.30 NFL: Total Access 4.30 Transworld Sport 5.30 Powder Adventures

Sky Sports 3

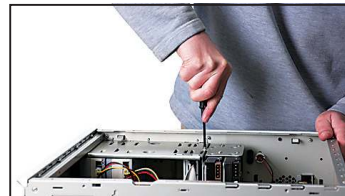
9.00 Premier League World 9.30 Soccerex 2009 10.00 The Dogs 10.30 Spirit of Yachting 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL 1.30 Soccerex 2009 2.00 WWE Special 3.30 WWE: Raw 5.00 Race World 6.00 Transworld Sport 7.00 Tight Lines 8.00 Golf Night 10.30 WWE: Late Night - Smackdown 12.30 WWE: Late Night - Bottom Line 1.30 WWE Special 2.30 Golf Night 5.00 Tight Lines

British Eurosport

7.35 Swimming 8.30 Luge 9.00 Live Alpine Skiing. The men's World Cup meeting from Val d'Isere in France. 10.15 Live Biathlon. World Cup coverage from Hochfilzen in Austria. 11.45 Snooker: UK Championship 1.15 Live Biathlon. Further coverage from Hochfilzen in Austria. 2.45 Alpine Skiing 3.15 Luge 3.45 Biathlon 4.30 Ski Jumping 5.00 Live Ski Jumping. World Cup qualifying from Harrachov, Czech Republic. 6.00 Eurogals Weekend 6.15 Swimming 7.00 Live Snooker: UK Championship. The concluding session of the first semi-final. 10.00 Eurogals Weekend 10.15 Freeride Spirit Show 10.30 Curling 11.30 Curling 12.30 Close

Sky Sports Xtra

6.30 Netball 9.00 Mosconi Cup Pool 2.00 NFL: Total Access 6.00 NFL 3.00 Soccerex 2009 3.30 Spirit of Yachting 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Rugby Union 6.00 Aerobics Oz Style 6.30 World Sport 7.00 Live Mosconi Cup Pool. Day two at the MGM Grand in Las Vegas. 12.00 Elite League Ice Hockey 2.00 Powder Adventures 2.30 Keyboarding 3.00 Tight Lines 4.00 Elite League Ice Hockey



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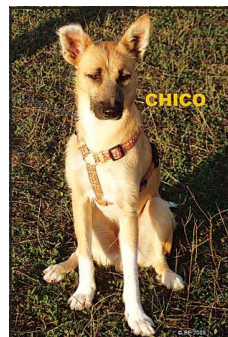
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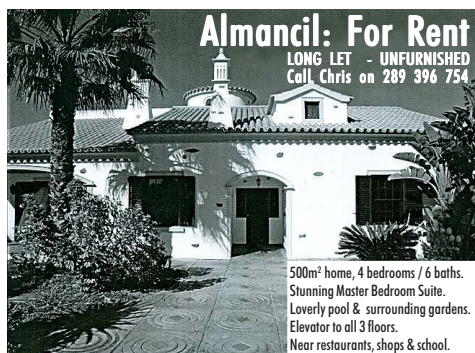
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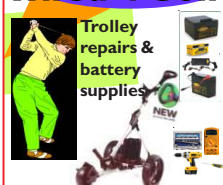
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Marriott's 'Spirit to Serve' helping Faro girls' shelter

Hotels can be found in every corner of the world, the larger the chain, the greater their international presence. The Marriott chain took advantage of their global expansion to give back to the world-wide communities in which their units have become well-established pillars and founded the chain's 'Spirit to Serve' philosophy.

This weekend the Marriott Group will carry out its first 'Spirit to Serve' activity in the Algarve, at its Vila Sol Renaissance SPA & Golf unit, in Quarteira.

In collaboration with the MegaSport Company a walk or bicycle ride from the Hotel Vila Sol Algarve Renaissance to Vilamoura Marina has been organised, with a participation fee of €10 per person. Overall funds raised will be donated to the Young Women's Protection Association, in Faro.

The main aim is to raise as much funds as possible for the cause, which provides essential help to young women and teenage girls by creating social reintegration programmes and helps them overcome diverse difficulties.

Vila Sol general manager Peter

Reischl took time to talk to **The Portugal News** about the project and about the Marriott's 'Spirit to Serve'.

The decision to help the Faro Young Women's Protection Association was made by Marketing Coordinator Raquel Abrantes, who found the Association after extensive research on local and regional charities.

The Association provides shelter and guidance to up to 20 girls aged between 11 and 18, many of whom come from troubled and abusive backgrounds. They live in the city of Faro in a building which is run by the Association.

Peter Reischl, who visited the 'House', said "It was shocking to see but even more shocking to hear their stories".

"Many of these girls do not have another home, they have no



Vila Sol General Manager Peter Reischl

where to go in life".

He affirmed that it is Vila Sol's ambition to make their involvement with the Young Woman's Association a long, on-going partnership.

Peter, who will be taking part in Saturday's event, has pledged to help the girls in any other ways possible and said a second project is in the pipeline, but cannot be

disclosed until after Christmas.

All revenue from the event's participation fees will be put towards helping the girls run a "normal household".

"They have bills to pay, food to buy, like a normal household", Peter explained, "and the money will be put towards helping with this".

Following the bike ride or walk participants can linger on at Vila Sol for the rest of the afternoon, making the most of special offers on a '1 = 1 minute' promotion for Spa treatments.

Peter Reischl has been a Marriott manager for nine years, four of which he has spent in Portugal. He spent two and a half years as Operations Director at the Lisbon Marriott, before moving on to the position of General Manager at Vila Sol one and a half years ago.

The Marriott's 'Spirit of Serving the Community' programme, is based on the hotel chain's philosophy of helping which was developed by associates in 1927.

It aims to organise various types of social activities to integrate the hotel units into their local communities.

In a statement, J.W. Marriott Jr. said of the project "Our social responsibility commitment blends corporate financial contributions with in-kind giving and the volunteer service of more than 150,000 employees around the world.

"In addition, many of our owners, franchisees, suppliers and guests are actively engaged in their communities, often working alongside us, building homes for Habitat for Humanity or raising funds for Children's Miracle Network hospitals. As a good corporate citizen, Marriott is strengthening our communities throughout the world - today, and for tomorrow".

Working with charitable organizations, the Marriott Group endeavours to help with five signature issues: Shelter and Food, Environment, Readiness for Hotel Careers, Vitality of Children, Embracing Diversity and People with Disabilities. In a word, it endeavours to SERVE.

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Returning to the UK at Some Point? Take Tax Advice Now

Many people who move overseas from the UK leave it until they have become resident in their new destination before seeking advice on the most tax efficient manner to hold their assets and investable wealth. If they're lucky, in certain jurisdictions this doesn't create much of an issue, but in others waiting until after they've become tax resident removes some of the most tax effective solutions available.

The old adage is always true - it's never too early to start planning. Don't risk having to say 'if only I'd known that before'.

Many British expatriates do return to the UK at some point, for a variety of reasons. Some miss the UK more as the years go on; others want to be closer to family. Many spouses choose to return on the death of their partner. Others have to go back to look after elderly relatives.

Many foreign nationals who live in the UK can enjoy a far more beneficial tax regime compared to British nationals living there. By carrying out the appropriate tax and wealth management planning prior to returning to the UK, British expatriates are able to benefit from tax advantages once they have returned that would not otherwise be ordinarily achievable by UK residents.

By taking appropriate authorised advice before you return to the UK, it is possible to arrange your investable assets in a manner where you can enjoy tax free growth and income as a UK resident, irrespective of how much money you invest. Other than National Savings

Certificates, Premium Bonds and annual ISA allowances, there's no other mainstream UK investment available to UK residents that could come close to the tax benefits returning expatriates can enjoy provided they plan early enough before their return.

Advantages can also be created for returning expatriates with deferred UK pensions, pension plans in drawdown and those currently in a QROPS should they look to return to the UK at some point.

If you start the planning while you are still resident abroad, will be any taxation implications? This depends on the type of assets and the tax position on them. In many countries you can start planning now and actually improve your overseas tax position while still living outside of the UK. The key to making this planning most effective is to start as early as possible, even if you aren't sure you'll return to the UK. If you don't return but have improved your overseas tax position, that's a bonus.

Are there any implications if you move to a country other than the UK? Again, it's a case of planning before you move. Nothing is set in stone and can generally be adapted if your plans change. Effective tax planning is all about flexibility and adaptability.

It could well be that you don't return to the UK during your lifetime. Nonetheless you still need to think about the UK tax implications for your money. Most British nationals retain their UK domicile even though they have lived overseas for many years. You may think you have broken links with the UK; however, if HM Revenue & Customs can find any evidence to create and sup-

port a view that you had an intention of returning - even though you didn't - then they will assess your worldwide estate for UK inheritance tax. Effective planning can be put in place to help avoid this issue even if you are non-UK resident.

Even if UK inheritance tax is not an issue for you, for many expatriates their money will eventually find its way back to the UK if their heirs live there. This is something that you can also plan for now while you are an expatriate, to ensure that after your death your assets are held in a very tax effective manner for your family and other beneficiaries.

If you think you may return to the UK, plan ahead before you go to establish what you can do to protect your wealth from the various taxes you will face - otherwise some of the valuable tax planning opportunities may be lost. You may be hoping to re-establish a relationship with your previous UK based adviser, or prefer to wait till you return because financial advice is more freely available there, but unfortunately waiting until you are back in the UK often results in you paying more tax than you need to.

For advantageous tax planning relating to the UK, consult a firm which is authorised and regulated in both your country of current residence and the UK.

To keep in touch with the latest developments in the off-shore world, check out the latest news on our website www.blevinsfranks.com

David Franks,
Chief Executive
Blevins Franks

NEWS IN BRIEF

Portugal bank to loan IMF just over €1bn in EU-wide scheme

The Bank of Portugal will lend the IMF €1.06 billion as part of the efforts by EU member states to reinforce the world finance institution's capacity to tackle the global economic crisis, officials said. The EU pledged in March of this year to make €75 billion available to shore up the IMF's credit capacity.

Portugal left Macao with effective anti-corruption structures

Portugal's administration in Macao left the Chinese enclave city with efficient mechanisms to fight corruption, a former anti-corruption official in the territory said this week. Julio Pereira, former assistant to Macao's first corruption commissioner, the late Judge Aragão Seia, told Lusa when the corruption commission was created in 1992 there was widespread confidence in Macao's future abilities to curb such crimes due to the new organisation's links with the Ombudsman's office. Macao's anti-corruption legalisation is today probably even more effective than Portugal's, said the former official who is also a specialist in Chinese criminal law.

30% of Christmas lights are a "serious safety risk"

Almost a third of Christmas lights present an obvious and direct risk of fire and electric shocks according to a new report published this week by the European Commission. The report presents the conclusions of a joint market surveillance project involving authorities from 5 Member States - Hungary, Germany, Slovakia, Slovenia and the Netherlands - as well as the European Commission. Testing was carried out between November 2007 and May 2009 at different intervals on 196 random samples of lighting chains across the entire price range. The samples were checked against over 20 administrative and technical requirements. Many lighting chains failed the multiple tests.

"Climate change the second most serious problem"

Europeans remain concerned about climate change and they believe fighting it can boost economic growth in the EU. These are the main conclusions of a special Eurobarometer survey of public attitudes which was published this week. A total of 63 percent of citizens consider climate change as a very serious problem and 24 percent a fairly serious problem. Only 10 percent consider it is not a serious problem and 3 percent do not know. Around 47 percent of respondents consider climate change to be one of the two most serious problems facing the world today. Only poverty scores higher, being placed in the top two by 69 percent. Most Europeans (62 percent) believe it is not unstoppable.

New Army engineering unit headed to Lebanon for UN service

A 130-strong Portuguese army engineering unit flew to Lebanon on Wednesday on a six-month mission with United Nations forces, the office of the Joint Chiefs of Staff said. Engineering Unit 7 will relieve Portuguese counterparts that have served UNIFIL since last July.

The Portuguese contingents, deployed in Lebanon since 2006, have worked primarily in rebuilding roads and buildings and providing aid to humanitarian initiatives.

Extension of anti-dumping measures on leather shoes proposed

The EC has this week proposed a 15-month extension of anti-dumping measures regarding certain leather footwear from China and Vietnam. The original duties, which are 16.5 percent on Chinese shoes and 10 percent on Vietnamese shoes, were imposed in 2006. Following an industry request, the Commission investigated to see whether the measures should continue after their normal expiry date. The investigation found an extension of the measures to be justified.

Chile wants more two-way trade

Commercial relations between Portugal and Chile are "very modest in relation to possibilities" and the two states can "do a lot more things together," Chilean President Michel Bachelet said. Two-way exchanges between Chile and Portugal are annually worth USD 142 million, accounting for 0.1% of Chilean trade with the world and 0.6% with the EU. President Bachelet told a Lisbon conference on business opportunities in his country.

Cape Verde carrier resumes int'l flights

Cape Verde carrier TACV was allowed to resume international flights this week by airports operator ASA after agreeing to begin negotiating payment of debts of nearly €12 million, officials said. Earlier the same day ASA suspended all TACV international operations over the airline's debts to the state airport operator. TACV had been given a November 27 deadline to come up with proposals to repay its debts to ASA.

Macao - Portuguese flag should hang in Jeronimos Monastery

The Portuguese flag lowered in Macao ten years ago to mark the end of Lisbon's rule in the territory should be displayed in the Jeronimos Monastery in Portugal's capital as a symbol of the winding up of a centuries-long empire, writer and critic Eduardo Lourenço has said. He told Lusa the flag has become a cultural icon in Portugal in the decade after control of Macao passed to Beijing due to widely broadcast television footage of the national emblem being emotionally received by Portugal's last governor in the territory.

TPN/Lusa

Braga regain top spot as Lisbon derby ends in draw

After Saturday's Lisbon derby between Sporting and Benfica ended in a 0-0 draw, Braga were able to regain their lead in the Liga Sagres by beating União de Leiria 2-0.

The pre-match atmosphere at the Alvalade stadium for the Lisbon derby was as heated as ever,

despite the rain, as Sporting players were looking to improve their poor form so far and gain some crucial points, whilst Benfica were playing to temporarily claim first place of the Liga Sagres and put pressure on Braga.

Having started at a furious pace in the initial minutes, Sporting

had the upper hand with a couple of missed opportunities originating from dangerous attacks. The teams soon levelled out and the game calmed down considerably, with not many clear opportunities arising for either team in the first half. The second half did not provide much excitement either, and the game ended with a dull 0-0 draw.

After the goalless derby, FC Porto had an opportunity to reduce their six point deficit to the 'Reds' in their match against Rio Ave on Sunday. The first goal of the match came from Hulk after a lucky rebound from an attempt of a one-two fell at his feet, with his shot cruising past the Rio Ave keeper. Almost immediately after, on the 25th minute, João Tomás levelled the score with a header.

From that point on, the game picked up a lot of pace and FC Porto created numerous goal scoring opportunities, with Carlos denying several efforts.

Falcão had an opportunity to take the lead with a penalty kick

in the second half, but his shot hit the crossbar and the game remained level. Carlos, Rio Ave's keeper, was in good form and denied several goals from the 'Blues', saving efforts from Hulk, Falcão and Raul Meireles. Ten minutes from the end, substitute Silvestre Varela scored the winning goal as Farias jumped high and deflected the ball with a header that fell to Varela's feet.

Tarantini almost scored two minutes from the end after a blunder by FC Porto's defence, but the ball skimmed Beto's right hand post and the game ended 2-1 for the home team.

Braga played the last game of the eleventh round of the Liga Sagres against União de Leiria on Monday. They managed to become the leaders once again as their match ended 2-0 for the home team.

Braga's first goal came after five minutes, with Paulo César delivering a harmless cross into the box from the left side, but Diego Gaúcho confused his own



Braga's Meyong tackles Leiria's Bruno Miguel at the Axa Stadium in Braga on November 30th. (Photo: Lusa / Hugo Delgado)

keeper by putting out his foot for the ball but not touching it. The ball then slowly crept into the back of the net, with the keeper wrong footed; an embarrassing goal for União de Leiria.

Matheus scored twenty min-

utes from the end and sealed the 2-0 result.

Braga now have 28 points after eleven rounds, two ahead of Benfica, five ahead of FC Porto, whilst Sporting is thirteen points behind.

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SPORT IN BRIEF

Nacional manager in a coma

Manuel Machado, manager of Nacional, which currently lies fourth in the Portuguese Super Liga was in a coma this week after contracting an infection following surgery. According to hospital authorities in Funchal, Manuel Machado is in a stable condition though his prognosis remains reserved. Manuel Machado was put in an induced coma earlier this week to ensure he would be more comfortable, the hospital said. It appears he suffered the infection after undergoing a liposuction procedure last month.

Portugal needs 'total unity' to host Olympics - IOC chief

Portugal will need "immense unity" among all sectors of society to have even a remote chance of hosting the Olympic Games in the future, International Olympic Committee president Jacques Rogge said last Thursday. "Firstly, Portugal must understand that if there is unity between the government, the economy and the sporting world, support of public opinion is also fundamental," said Rogge after receiving an honorary degree from Oporto University. Portugal has already proved capable of staging major events like Expo 98 in Lisbon and the 2004 European Football Championships, but the Olympics are on an even larger scale than these events, the IOC chief observed.

Lisbon to bolster consular services for SA World Cup

Portugal will beef up its consular services in South Africa and neighbouring countries, especially Mozambique, ahead of next year's football World Cup to aid Portuguese fans attending the event, according to the government. An official in the State Secretariat for Communities told *Lusa* Sunday a "working group" had been created to collaborate with the Portuguese embassy in Pretoria to ready the necessary "staff and technical means".

Queiroz seeks SA squad base for World Cup

Portuguese national football coach Carlos Queiroz arrived in South Africa last Wednesday on a mission to find a training camp for next year's FIFA World Cup. Queiroz, who led Portugal to World Cup qualification after a nail-biting, two-leg play-off against Bosnia-Herzegovina last month, said he was looking for a location with good accommodation, communications and training facilities that is also near an airport.

Ronaldo second best

France Football has this year handed the title of Europe's best footballer to Argentina and Barcelona's Lionel Messi, who won the award by a massive 473 votes against the 233 received by last year's 'Golden Ball' winner, Cristiano Ronaldo.

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